

Hawthorn

Crataegus laevigata (*C. oxyacantha*)

Description: A small to medium-sized tree in the Rose family with umbrella-shaped clusters of white or pink flowers, dark, glossy-green toothed leaves, and bright, shiny red berries.



Part Used: Flowers, Leaf
Action: Cardiac, Sedative
Category: Nutritive Tonic
Systems: Nervous, Cardiovascular, Digestive
Taste: Sour, Sweet
Energy: Warming
Primary Uses: Angina (mild), Arrhythmia, Endocarditis, Heart Palpitations, High Blood Pressure, Hypertension, Low Blood Pressure, Vertigo, Weak Heart
Secondary Uses: Heart Palpitations (from emotions), Insomnia (from nervous exhaustion)
Caution: May potentiate the effects of digitalis
Preparation: Tincture; Decoction; Powder
Dose: 2-3 droppersful 2-3 x daily; 1 cup 2-3 x daily; 1-2 capsules 2-3 x daily
Products: Tincture, Capsule, Tablet, Bulk Herb, Syrup

Health Benefits: Hawthorn has a long history of safe use as the herb of choice for strengthening, tonifying, and protecting the cardiovascular system, particularly the heart when used long term. It is used for palpitations, angina, atherosclerosis, and hypertension. Hawthorn has also been used for its mild sedative properties. In Chinese medicine, the fruits are considered beneficial to the digestion, specifically for food stagnation with gas, belching, and a feeling of fullness.

Hops

Humulus lupulus

Description:	A fast-growing perennial deciduous vine that forms small male and female cones on stalks from the area just above the upper leaves.
Part Used:	Female Flowers
Action:	Nervine, Sedative
Category:	Specific, Stimulating Tonic
Systems:	Cardiovascular, Digestive, Liver, Nervous
Taste:	Acrid, Bitter
Energy:	Cool
Primary Uses:	Anorexia, Anxiety, Hypertension, Indigestion, Insufficient Lactation, Nervousness, Poor Appetite, Vomiting
Caution:	Avoid use of this herb in cases of depression. Most people should avoid the herb before bedtime because it is a strong diuretic.
Preparation:	Tincture; Infusion
Dose:	1/2 to 4 droppersful 2-3 x daily; 1 cup as needed
Products:	Tincture, Capsule, Bulk Herb
Health Benefits:	Hops, a major flavoring component of beer, is used for insomnia, restlessness and excitability, and excess sexual excitement in men. Lactating mothers sometimes use hops to increase the flow of breast milk. Hops pillows have long been used as an aid to sleep. It has a beneficial effect on the stomach due to its bitter principle and is used with good result for nervous digestion. Hops can be useful as a strong infusion, or the fresh plant tincture can be added to hot water, for heart palpitations or abnormal awareness of the heart accompanied by mild to moderate anxiety. The dried plant loses its sedative properties within a few months if not stored in a cool place out of the light, and even then the shelf life of most products is at most 6 months.



Ginkgo

Ginkgo biloba

Other Names: Maidenhair tree
Description: A large tree with fan-shaped leaves, native to China, but now planted as a street tree world-wide; often with two lobes, and small, round apricot-orange fruit. Ginkgo is the sole surviving member of an ancient family of trees.

Part Used: Leaf
Action: Adaptogen, Stimulant
Category: Stimulating Tonic, Specific
Systems: Cardiovascular, Blood, Liver, Immune, Nervous
Taste: Bitter, Sour, Astringent
Energy: Cool
Primary Uses: Alzheimer's, Angina (mild), Arteriosclerosis, Capillary Fragility, Cataracts, Deafness (slight), Dizziness (mild), Edema with Venous Stasis, Leg Cramps, Night Blindness, Poor Circulation, Poor Memory, Tinnitus, Vertigo

Caution: Taking large doses of standardized extracts could possibly cause headaches or mild nausea in susceptible individuals

Preparation: Tincture; Extract

Dose: 2-3 droppersful 2-3 x daily; 1 60 mg capsule or tablet 2-3 x daily

Products: Tincture, Tablet, Capsule, Bulk Herb



Health Benefits: Modern research supports the use of ginkgo leaf extracts to improve circulation and protect blood vessels. It increases blood flow to the brain, improving brain function, including short-term memory and alertness, and when taken long-term can benefit tinnitus sufferers. Because of its circulatory stimulating properties, this herb has also been of benefit in peripheral arterial disease, increasing the distance people can walk without pain. Ginkgo is also known as a good antioxidant. Ginkgo extracts have shown promise for treating and preventing macular degeneration, Alzheimer's syndrome, which affects memory and alertness in the elderly, as well as a host of autoimmune disorders such as asthma and hepatitis. Ginkgo is available as a standardized, concentrated (24%) extract in capsules, tablets, or in liquid form. The usual dose is 60 mg/day. Try this kind of potent extract if you have moderate to severe pathology, such as circulatory problems or ringing in the ears, where a consistently strong remedy is indicated. It is often best to consult with a qualified herbalist or other health care practitioner before using ginkgo in this form.

Blood pressure, high

Recommended Herbs:

Garlic	Oil	1-2 400 mg capsule 2-3 x daily
Shepherd's Purse	Tincture	10-60 drops 2-3 x daily
Hawthorn	Tincture	2-3 droppersful 2-3 x daily
Passionflower	Tincture	30 drops 3-4 x daily
Mistletoe	Tincture	30-40 drops 2-3 x daily
Valerian	Tincture	30-40 drops 2-3 x daily

Medical Description:

High blood pressure can be related to diet, heredity, and of course, stress. Learning to relax is extremely important for good results. Meditation, stretching, yoga, walking in the woods, dancing and other activities (and non-activities such as just sitting quietly every day with no goal in mind) are all good.

Holistic Program:

The best herbs are herbal hypotensives (shepherd's purse, nettles, mistletoe), anti-coagulants (alfalfa, garlic), blood vessel relaxers (hawthorn, passionflower, linden flowers), and relaxing herbs (valerian, California poppy).

A one-month cleansing diet is recommended before beginning the building diet.

Heart palpitations

Recommended Herbs:

Valerian	Tincture	30-40 drops 2-3 x daily
Cactus	Tincture	5-15 drops 2-3 x daily
Hawthorn	Tincture	2-3 droppersful 2-3 x daily
Hoelen	Decoction: 6-18 grams	1 cup 2-3 x daily
Motherwort	Tincture	25-40 drops 2-3 x daily

Medical Description:

Heart palpitations, or abnormal beating of the heart that makes us aware of it, can be associated with organic, structural heart problems, heart damage from heart attacks with scarring, the use of stimulants, and nervousness. General weakness or deficiency of the adrenal and nervous systems can also lead to chronic heart palpitation or irregularities. For this, use tonics appropriate for the deficient body system.

Holistic Program:

Foods and drugs that increase the irritability of the nerves should be monitored closely. These include stimulants such as coffee, cola drinks, black tea, and bronchial inhalers, among others. Sugar holds a special place among agents that are commonly consumed and can aggravate heart irregularities and palpitations. Some of these conditions can be eliminated, or the symptoms greatly reduced, simply by abstaining from all foods that contain more than a few percent of simple sugars. These include cookies, cake, ice cream, fruit juices, dried fruits, many processed foods, honey, maple syrup, and many others. Rely only on fresh fruit in season for sweet foods.

Heart regulating and strengthening herbs are also important (hawthorn, cactus, motherwort, and Scotch broom tops).

Adjunct Therapy: Bathe feet in warm water.

Varicose veins**Recommended Herbs:**

Horse Chestnut	Tincture	5-20 drops 3 x daily
Butcher's Broom	Powdered extract	1-2 500 mg capsule 2 x daily
Stone Root	Tincture	20 drops to 2 droppersful 3-4 x daily
White Oak	Decoction: 4-8 grams	Apply externally 2-3 x daily
Calamus	Essential Oil	Apply 2-5 drops to affected area
Witch Hazel	Decoction: 4-6 grams	Apply to affected areas as needed
Butcher's Broom	Powdered extract	1-2 500 mg capsule 2 x 3 x daily

Medical Description:

Varicose veins are veins that have become distorted (lengthened, stretched); they are especially common in the superficial veins of the legs. The condition can be associated with a blockage of blood flow, as can sometimes happen during pregnancy, and can occur more commonly in people who stand on their feet all day without moving. The muscles of the legs help squeeze and move blood back to the heart when the legs are moving.

Holistic Program:

Herbal treatment is often centered on strengthening the veins (veinotonics—stone root, witch hazel, horse chestnut, butcher's broom, ginkgo) and warming, blood-moving herbs (calamus, ginger).

