

50

Most
Highly Recommended
Herbal Remedies



Anxiety
Herbs
& Natural Remedies

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Introduction



Anxiety Herbs & Natural Remedies

Medicinal herbs are like nature's drugs; they help you preserve a healthy body, both internally and externally, by natural means. Medical treatment based on plant extracts and byproducts is also called phytotherapy. Drugs or other products made from medicinal plants are called botanicals. Herbal remedies use a plant's leaves, stems, bark, flowers, seeds, and roots to prevent or treat disease.

The curative value of herbs have been discovered and put to use by many native cultures since prehistoric times. Since the advent of modern medicine, together with advancements in chemistry, the therapeutic benefits of herbs have been utilized for contemporary health knowledge and applications. The essential properties that make these herbs very valuable have been identified and harnessed to be developed into and/or added to modern-day drugs. Modern pharmaceutical industry is largely dependent on plant-based products; almost half of all medications, with uses that range from the treatment of common ailments to the treatment of certain cancers, contain plant-based ingredients.

Modern science has verified and refined the development and use of medicinal herbs. Presently, herbalists, medical practitioners, and pharmaceutical companies are exploring the rainforests of the world and their huge store of flora in search of new cures to serious diseases.

The herbal remedies featured here are the 50, most highly recommended based on their usefulness, reliability, and/or popularity.



PRECAUTIONS

The logo for 'Anxiety Herbs & Natural Remedies' features a stylized leaf with yellow and red segments on the left. To its right, the word 'Anxiety' is in a grey serif font, 'Herbs' is in a larger red serif font, and '& Natural Remedies' is in a smaller grey sans-serif font below it.

The information contained in this book only aims to acquaint readers with the therapeutic benefits that can be gained from certain herbs. I am not a medical professional and the herbal remedies listed in the following pages are solely based on data collected from other printed sources after extensive research. This book does not aim to give out medical recommendations to cure any ailment.

Always consult your doctor first when you have concerns about your health. Always ask for your physician's advice regarding the use of herbs, in any form or preparation, whether they're for simple maintenance of overall body health or to cure a certain ailment, common or serious, and especially when the herb is intended for a child or if you have a medical condition.

Herbal remedies are natural but they are not always safe. Some plants may be poisonous when taken or prepared incorrectly. Some cause adverse side effects when taken in the wrong dosage, in combination with certain prescription drugs or alcohol, or under certain conditions, like pregnancy or sickness.

Look out for and take note of any side effects. Reactions that warrant immediate medical attention include widespread rashes, dizziness, difficulty breathing, and severe vomiting and diarrhea.

DISCLAIMER: The information in this book and the links and sources provided have not been evaluated and recommended by the FDA or any certified health and drug institution. All the data provided are not intended for the prevention, diagnosis, or treatment of any disease.





50 *Most Highly Recommended Herbal Remedies*



Aloe vera



Scientific name: Aloe vera

Distribution: arid climates;
native to India and Africa



Health benefits:

This plant has been traditionally used for its medicinal properties as early as 4th century BC. Gel inside the plant is used worldwide as an ingredient in many skin care products. The plant is popular for its amazing healing properties especially for skin injuries/ailments, like burns, hives, ulcerations, and inflammations. Aloe vera has anti-viral and anti-bacterial properties, which make it very effective in fighting illnesses like the flu, chickenpox, and herpes. It is also used as a very effective laxative and digestion aid. It has been proven to be very beneficial in diabetes treatment.

Preparation/Administration:

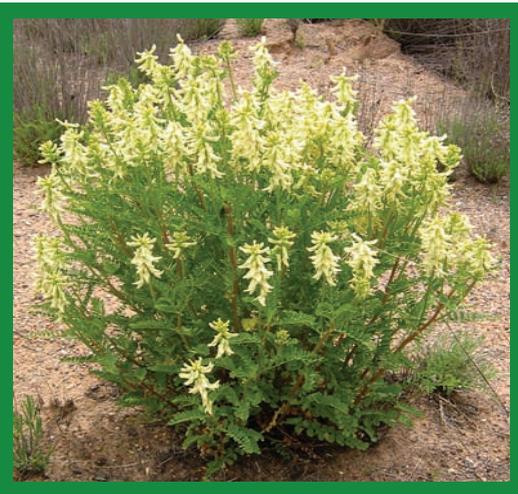
Aloe vera is available as a capsule, gel, or juice.

Precautions:

When used as a laxative, aloe vera can cause severe stomach cramps.

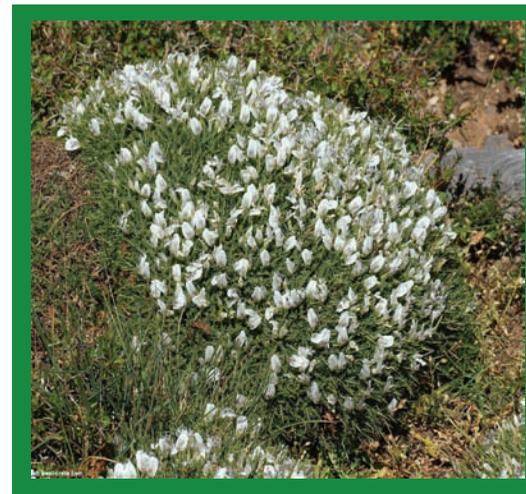


Astragalus



Scientific name: Astragalus propinquus, A. membranaceus

Distribution: native to the temperate regions of the Northern Hemisphere



Health benefits:

Ancient Chinese cultures used astragalus to boost the immune system; the plant was traditionally used to protect against colds and flu.

It has been studied as an effective defense against cancer; certain studies have shown that it restores up to 90% of immune function in some cancer patients.

Studies have also shown that the plant increases the survival rate of cancer patients.

Preparation/Administration:

Astragalus is available in capsule form. The root can be used in meal preparations and added to meals, like soups or stews.

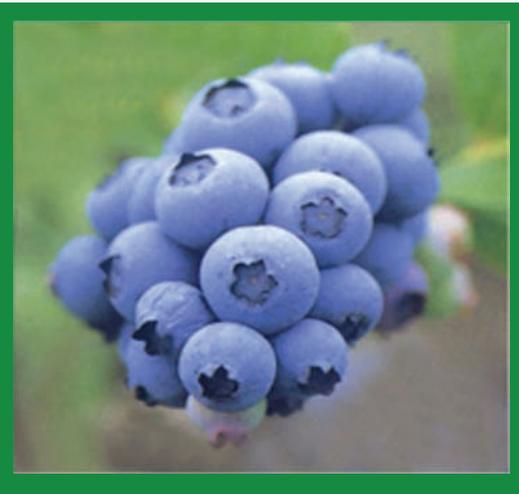
Precautions:

There are no known adverse side effects.

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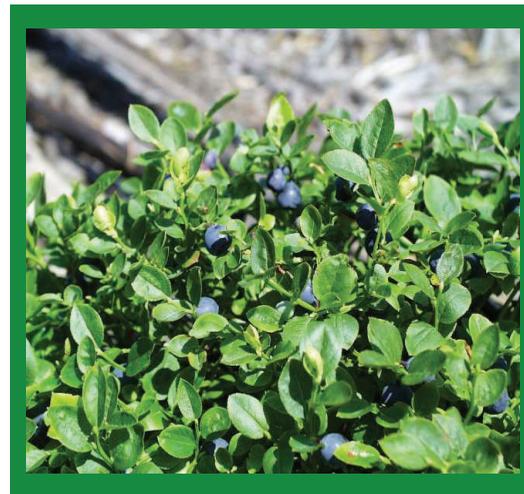
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Bilberry



Scientific name: *Vaccinium myrtillus*

Distribution: temperate and subarctic regions; most of Europe



Health benefits:

The leaves of the bilberry have been traditionally used to:

Make capillaries stronger;

Treat vascular disorders;

Treat diabetes, diarrhea, eye disorders, gout, high blood pressure, peptic ulcer, and prostatitis.

Bilberry juice can be used topically to treat burns.

Fresh bilberry fruits can be eaten to relieve constipation.

Preparation/Administration:

Bilberry is available in tablet form; tea can be made from leaves; juice is made with the addition of Witch Hazel.

Precautions:

Pregnant women and individuals with bleeding disorders should avoid consumption of bilberry.



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Bitter orange



Scientific name:
Citrus aurantium

Distribution: Asia and the Mediterranean; also thrives in South America



Health benefits:

Bitter orange was traditionally used to treat: constipation, anemia, high blood pressure, indigestion, liver cancer, and obesity.

It effectively acts as a decongestant and nerve stimulant.

The essential oils of bitter orange can be used to reduce heart rate, to encourage sleep, and to provide relief to digestive tract problems.

Preparation/Administration:

Bitter orange is available as tea and essential oils.

Precautions:

Some studies have shown that over-consumption of bitter orange may increase the sensitivity of the skin to sunlight.



Black cohosh



Scientific name:
Actaea racemosa

Distribution: Amost
common in Eastern
North America



Health benefits:

Black cohosh was traditionally used by Native Americans promote good female health. Black cohosh is known to effectively treat symptoms of PMS and menopause by stimulating hormone balance.

It is also known to effectively treat uterine fibroids and infertility.

Preparation/Administration:

Black cohosh is available as tablets, capsules, and tinctures.

Precautions:

Black cohosh may have a mild sedative effect in some individuals; it may also interfere with blood pressure medication. It is not recommended for use by pre-pubescent girls.

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Boswellia



Scientific name:
Boswellia sacra

Distribution: common in North-East Africa and the Southern Arabian Peninsula; can also be found in India and other parts of Asia.



Health benefits:

It is known to have anti-fungal and anti-inflammatory properties.

In Ayurvedic medicine, the purified extract of Boswellia has been traditionally used to treat: osteoarthritis, asthma, rheumatoid arthritis, ulcerative colitis, bursitis, lower back pain, myositis, and fibromyalgia.

It helps repair blood vessels that have been damaged by inflammation.

Preparation/Administration:

Boswellia is available as incense and is a main ingredient in herbal formulas that relieve joint pain.

Precautions:

There are no known adverse side effects.

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Cat's claw



Scientific name:
Uncaria guianensis

Distribution: native to the tropical jungles of South and Central America



Health benefits:

Cat's claw is known to have anti-inflammatory properties. It is known to effectively treat arthritis, bowel disorders, gastritis, and peptic ulcer. This plant is also an effective immune stimulant; it acts against cancer, colds, and Lyme disease.

Preparation/Administration:

The bark of cat's claw is available as capsules or tinctures.

Precautions:

Pregnant and lactating women, as well as individuals who take insulin to treat diabetes should avoid consumption of this herb.

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Chamomile

**Scientific name:**

Matricaria recutita

Distribution: found in Europe and the temperate regions of Western Asia, North America, and Australia

**Health benefits:**

German chamomile is known as the “cure-all cure.”

The plant has been traditionally used to treat gastrointestinal problems, such as bloating, nausea, and stomach pain.

It is also a very effective sleeping aid and relaxing agent.

The volatile oils are known to effectively treat inflammation, muscle pain, and spasms.

Chamomile is also very useful as a topical application to treat wounds or abscesses and skin conditions like psoriasis, eczema, chicken pox, and diaper rash.

It is also a remedy for colds and colic.

**Preparation/Administration:**

Chamomile is available as tea, essential oils, dried blossoms, and alcohol extracts.

Precautions:

Chamomile is safe to use internally and externally; keep away from the eyes.



Chaste tree



Scientific name:
Vitex agnus-castus

Distribution: native to the Mediterranean; can also be found in Africa



Health benefits:

The ripe berries of the chaste tree have been known to have properties that promote good female health by stimulating healthy hormone levels.

The chaste tree reduces symptoms of PMS, like the soreness and swelling of breasts, promotes fertility and regulates ovulation, and stabilizes the declining hormone levels associated with menopause. It also relieves pain caused by endometriosis.

Preparation/Administration:

Dried berries of chaste tree can be prepared to make infusions or tonics, on their own or mixed with other herbs.

Precautions:

Chaste tree berries should be avoided during pregnancy.

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Coffee



Scientific name:

Coffea canephora, *C. arabica*

Distribution: *C. canephora* is predominantly found in Western and sub-Saharan Africa; *C. arabica* is predominantly found in Southwestern Ethiopia, Southeastern Sudan, and Northern Kenya.



Health benefits:

Caffeine, the major component in coffee beans, is popular for its stimulating properties. Drinking coffee results in alertness, increased athletic stamina, and elevated moods.

Caffeine also has pain-relieving properties; when added to aspirin, ibuprofen, or acetaminophen, pain relief has been known to increase by 40%.

It is also effective in treating congestion by expanding narrowed bronchial tubes, associated with colds, flu, and asthma.

Preparation/Administration:

Harvested coffee beans are processed and sold commercially to be prepared as beverage.

Precautions:

When coffee is prepared without using paper filters, the oils in the grounds may increase the risk of coronary heart disease.

Overconsumption may cause acid reflux and, in elderly people, cause heartburn or life-threatening symptoms.

Caffeine may interfere with iron absorption and cause iron deficiency anemia in mothers and infants. Sleep disturbances, arrhythmias, and migraines are also possible adverse effects.



Cranberry



Scientific name:

Vaccinium oxycoccos,
V. microcarpum,
V. macrocarpon

Distribution: common in the temperate regions of Northern Europe, Northern Asia, and North America

Health benefits:

Cranberry has been known to have anti-bacterial properties. The berries are very effective in preventing urinary tract infections.

Preparation/Administration:

The benefits of cranberry is more effective when the fruits are taken as dried berries or capsules; the plant is also available as juice and wine.

Precautions:

Cranberry has no known adverse side effects.

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Dandelion



Scientific name:

Taraxacum officinale,
T. erythrospermum

Distribution: native to Eurasia and North America; these weeds are widely distributed worldwide

Health benefits:

Dandelion is a popular detox herb. Its roots have cleansing properties that aid the liver, gall bladder, and kidneys.

Dandelion has been traditionally used to cure: breast illnesses, bloating, gastrointestinal and respiratory problems, aching joints, and skin conditions.

The plant is rich in nutrients and serves as a great supplement for pregnant and elderly women. It is also very effective in the prevention and elimination of age spots.



Preparation/Administration:

Dandelion is available as tea.

Precautions:

Dandelion has no known adverse side effects when taken with other medications, however, some people may experience hyperacidity accompanied by stomach pains.



Echinacea



Scientific name:

Echinacea purpurea, *E. angustifolia*,
E. palida

Distribution: endemic to Eastern and Central North America

Health benefits:

Echinacea has anti-fungal and anti-viral properties which make it very effective in treating skin conditions like eczema and psoriasis, insect bites, and hemorrhoids. It is also used to protect against sun damage.

The plant has been known to stimulate the immune system, making it very useful in treating the symptoms of AIDS, as well as respiratory ailments.

Echinacea is used in some parts of Europe as a supplemental treatment for certain cancers, taken intravenously, and urinary tract infections via injections.

Preparation/Administration:

Echinacea is available as tea or tincture.

Precautions:

There are no clinically proven side effects.



Ephedra



Scientific name:

Ephedra sinica

Distribution: commonly found in Southern Europe, Northern Africa, Southwest and Central Asia, Southwest North America, and South America

Health benefits:

Ephedra is an effective treatment for respiratory disorders like colds, flus, hay fever, and asthma. It helps ease breathing difficulties, induce sweating, slow heart rate, and lower blood pressure. It has been known to effectively suppress the appetite, as well as enhance performance and stimulate energy and mental alertness.

It is also used intravenously to raise blood pressure, acting as a vasopressor.

Preparation/Administration:

Ephedra is available as a drug or mixed with other herbs in Chinese preparations.

Precautions:

Risk of elevated blood pressure is associated with the use of the component, ephedrine, in its isolated form to treat asthma.

Use may also cause hypertension, strokes, and heart attacks. Overuse may cause serious impairment or even death.

Prolonged use may lead to dependency, especially when used to treat obesity.

European elder



Scientific name:
Sambucus nigra

Distribution: native to most of Europe, Northwest Africa, Southwest Asia, and Western North America

Health benefits:

The flowers of the European elder are used to treat respiratory problems like colds, bronchitis, asthma, influenza, and sinusitis.

They are also effective in promoting weight loss with their laxative and diuretic actions. They can also be used topically to treat skin disorders.

Preparation/Administration:

The flowers can be prepared as tea and are also available as alcoholic extracts.

Precautions:

When the stems, roots, and unripe berries are eaten raw, they may cause severe vomiting and diarrhea as they may contain cyanide.

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Evening primrose



Scientific name:

Oenothera sp.

Distribution: endemic to North and South America

Health benefits:

Evening primrose oil contains an essential fatty acid, gamma-linoleic acid (GLA), that the human body does not naturally produce, which prevents hardening of the arteries, heart disease, cirrhosis, multiple sclerosis, and high blood pressure.

Evening primrose oil is used to effectively lower cholesterol and relieve pain and inflammation related to rheumatoid arthritis.

The bark and leaves of the plant have astringent and sedative properties.

The roots are used to treat obesity and the flowering stems, in powdered form, is used topically to treat reddened skin.

Preparation/Administration:

Evening primrose is available as tea, oils, powder, or capsule. The young roots and the shoots of the plant are edible.

Precautions:

There are no clinically proven side effects.



Fenugreek



Scientific name:

Trigonella foenum-graecum

Distribution: majorly cultivated in India, Pakistan, Argentina, Egypt, France, Spain, Turkey, Morocco, and China

Health benefits:

The health benefits of Fenugreek to individuals with diabetes have been clinically proven. The herb effectively decreases the rate of sugar absorption in the body and stimulates insulin production, thereby regulating blood sugar levels. Cholesterol levels are also reduced. Fenugreek has powerful laxative properties as a result of its high mucilage content. It has also been known to prevent the formation of kidney stones by reducing calcium oxalate levels in the body.

Fenugreek can also be used to topically to treat skin swelling, irritation, and inflammation.

Preparation/Administration:

Fenugreek is available as whole seeds, powder, pills, or liquid. Tea can be made by steeping the seeds. Poultice can be prepared for topical application by mixing the powdered form with hot water.

Precautions:

Fenugreek may cause occasional flatulence and diarrhea, as well as allergic reactions when applied topically; occupational exposure may cause asthma and inhalation of seed powder may cause wheezing; not recommended during pregnancy

Feverfew

**Scientific name:**

Tanacetum parthenium

Distribution: cultivated in most of Europe, the Mediterranean, North America, and Chile

Health benefits:

Feverfew has anti-inflammatory properties and offers an effective remedy to arthritis. It is also used to manage and treat fevers, prevent the onset of migraines, and alleviate menstrual cramps.

Preparation/Administration:

Feverfew is available as extracts, capsules, and tablets, all of which are made from dried feverfew. Tea can be made from dried leaves to be taken in as beverage or applied to the skin as an insect repellent. However, it has been shown that fresh feverfew is more beneficial than the dried form.

Precautions:

When leaves are chewed, it may cause stomach and mouth irritations.

Flaxseed



Scientific name:

Linum usitatissimum

Distribution: native to the Eastern Mediterranean and India but now also majorly produced by Canada and China

Health benefits:

Flaxseed contains plant estrogens, known as phytoestrogens, which effectively relieve some symptoms of menopause. It is also used clinically for hormone replacement therapy. Flaxseed has been shown to greatly contribute to the reduction of bone loss in post-menopausal women.

Preparation/Administration:

Flaxseed is available as vegetable oil. The sprouts of the plant are edible.

Precautions:

Due to its fiber content, consumption in large amounts without liquid may cause intestinal blockage and may cause adverse effects when taken with certain oral medications.

Garlic



Scientific name:
Allium sativum

Distribution: grown globally; top producers are China, India, South Korea, Egypt, and Russia

Health benefits:

Garlic has always been considered as one of the most valuable and beneficial of all the medicinal herbs.

It has very effective anti-fungal, anti-bacterial, and anti-viral properties and is also used to kill intestinal parasites.

Garlic is also known as an anti-oxidant, preventing certain cancers and boosting the immune system.

It is used to treat atherosclerosis, respiratory infections, and reduce high cholesterol and triglyceride levels.

Preparation/Administration:

Aside from being edible and used in almost all food preparations, garlic is also available as a supplement in capsule form.

Precautions:

Garlic has a distinct strong odor that may cause bad breath. It should be avoided when using blood thinners (i.e. warfarin, indomethacin, dipyridamole, and aspirin) as it may increase the risk of bleeding.



Ginkgo



Scientific name:
Ginkgo biloba

Distribution: endemic to Eastern China

Health benefits:

Ginkgo supports healthy brain functions by increasing blood flow to the brain and has antioxidant properties which enhances mental alertness and is believed to prevent effects of aging such as mental deterioration by protecting the cardiovascular and nervous system.

Ginkgo increases blood circulation which helps in proper lung function and oxygen flow.

It gives relief to other circulation problems (i.e. disorientation, depression, headaches, tinnitus, vertigo and leg cramps) and is commonly used by the elderly.

It also helps restrain high blood pressure.

Ginkgo is believed to be one of the most ancient trees still in existence.



Preparation/Administration:

Ginkgo is available as teas, tinctures, capsules and extracts which should be standardized to 25% flavones glycosides.

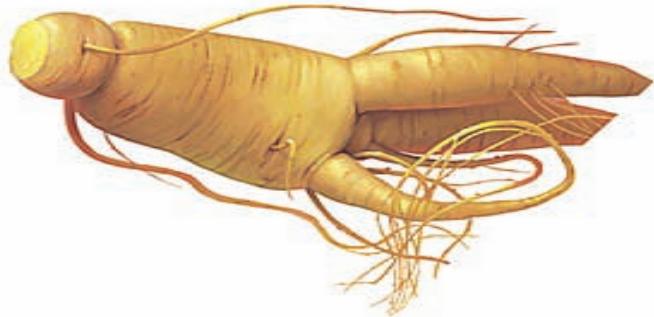
Precautions:

Use in extremely large doses may cause headaches, dizziness, and nausea.

Ginkgo is not recommended for use in children.



Ginseng



Scientific name:

Panax ginseng, *P. quinquefolius*

Distribution: commonly found in Northeast Asia (Northern China, Korea, and Siberia), also cultivated in Vietnam

Health benefits:

Ginseng is used in thousands of formulas; it promotes overall body health and is recommended as a strong immune system tonic, as well as an energy enhancer.

Ginseng has been known to treat anxiety, cancer, chronic fatigue, Lyme disease, cognitive ability, diabetes, heart attack, high blood pressure, impotence, infertility, menopause symptoms, and stress

Its root contains nitrogenous compounds, minerals, vitamins, fat-soluble compounds, and carbohydrate compounds.

Ginseng is a famous Chinese herb whose medicinal value has been utilized for 5000 years.



Preparation/Administration:

Ginseng roots are available as teas, tinctures and capsules.

Precautions:

It may cause insomnia and over stimulation if taken in large doses.

Not recommended for use if taking MAO inhibitor drugs.



Goldenseal



Scientific name:

Hydrastis canadensis

Distribution: native to Southeastern Canada and Northeastern United States

Health benefits:

Goldenseal contains berberine which produces its medicinal characteristics. This compound has been known to have anti-bacterial properties; the plant is used to kill certain germs and parasitical worms, and to fight yeast infections.

Goldenseal helps ease the symptoms of some gastrointestinal problems like indigestion, stomach ache, constipation, diarrhea, and ulcers, as well as canker sores, sore throat, gingivitis, sore mouth, vaginal irritation, mild conjunctivitis, colds and flu, and earaches. It helps stimulate the immune system.

Preparation/Administration:

Goldenseal roots are prepared as capsules, powders, ointments, and tinctures.

Precautions:

This should be taken cautiously by those with diabetes as it may lower blood sugars.

It is not recommended for use during pregnancy.

Goldenseal should not be taken internally for more than a week.



Green tea



Scientific name:
Camellia sinensis

Distribution: native to China but is also cultivated in Japan, South Korea, and the Middle East; it is now also widely cultivated in the West

Health benefits:

Green tea is known to be a powerful anti-oxidant that helps lower cholesterol levels and reduces blood lipids.

It also has anti-inflammatory properties that protect against cardiovascular diseases by improving the function of blood vessels.

The polyphenols in green tea lower risk of certain cancers in humans.

Green tea has thermogenic properties. It aids in weight loss by increasing metabolic rate. Studies have shown that thermogenesis in the body is increased by 4%, caused by the chemical reaction of caffeine and epigallocatechin gallate (EGCG) compound in green tea, which helps the body burn an additional 70 calories a day.

It is also very effective in reducing harmful bacteria in the mouth and stomach.

Preparation/Administration:

Green tea is available as a beverage and is a component of some weight loss products.

Precautions:

Potential adverse effects are still being studied.

Compared to coffee, green tea contains more caffeine (by dry weight).

Hawthorn

Scientific name:

Crataegus monogyna

Distribution: native to Europe, Northwest Africa, and West Asia

Health benefits:

Hawthorn improves blood circulation through its vasodilatory effect. It opens arteries, thereby improving blood supply to the body. It also softens deposits, making it a very effective remedy for high blood pressure, angina, and helps ease mild arrhythmia.

The plant also has a relaxing effect on the digestive tract (relieving distension and increasing appetite) as well as on the nervous system (easing stress, anxiety, and palpitations and also inducing sleep).

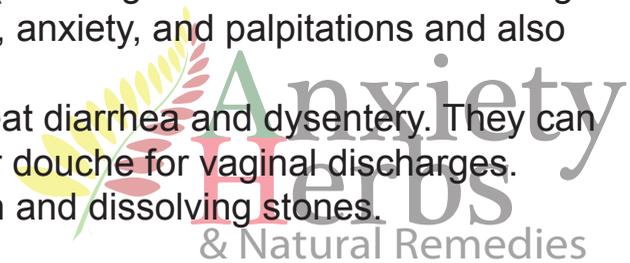
The berries have astringent properties and are used to treat diarrhea and dysentery. They can also be prepared as a decoction to be used as a gargle or douche for vaginal discharges. It is also used as an effective diuretic, reducing fluid retention and dissolving stones.

Preparation/Administration:

Whole, dried berries can be purchased to make infusions; also available in capsules, tinctures, and tablets.

Precautions:

May have sedating effect when taken in large doses; must be used with care during pregnancy.





Horseradish

Scientific name:

Armoracia rusticana

Distribution: probably native to Southeast Europe and Western Asia; now spread throughout the world

Health benefits:

Horseradish is known to have strong antibiotic, antibacterial, anti-inflammatory, anti-parasitic, and anti-anemic properties.

It is also a very effective diuretic, expectorant, and bronchodilator.

Horseradish helps reduce high-blood pressure through its cardio-tonic effect.

Horseradish is also an effective appetite stimulant.

Preparation/Administration:

This herb is available as tinctures, syrup, horseradish vinegar, horseradish flour, or horseradish cataplasm

Precautions:

Horseradish is not advisable to individuals who suffer from gastric ulcer, goitrous problems, or renal illnesses.

It should not be administered to children below 4 years old.

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Horse chestnut

Scientific name:

Aesculus hippocastanum

Distribution: native to the Balkan Mountains; can also be found in Greece, Albania, Republic of Macedonia, Serbia, and Bulgaria

Health benefits:

Medicinally, the active components of horse chestnut are used to treat chronic venous insufficiency and localized edema; it effectively eases the symptoms of varicose veins, lymphatic edema, hemorrhoids, and hematomas.

Traditionally, the seeds are used to treat inflammation related to arthritis and rheumatic conditions, as well as neuralgia and rectal complaints

Preparation/Administration:

Horse chestnut is now commonly used as an ingredient in drugs and is also available as a topical preparation.

Precautions:

Unprocessed seeds are poisonous and can cause severe gastrointestinal and neurotoxic reactions.

Not recommended for use by pregnant and nursing women.



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Horsetail

Scientific name:
Equisetum sp.

Distribution: found worldwide,
except in Antarctica

Health benefits:

Horsetail has silicon components that help reduce osteoporosis and promote faster healing of broken bones.

It also strengthens the bones, teeth, and connective tissue and is effective against the symptoms of arthritis.

It is also known as a very useful treatment for bed-wetting and urinary incontinence, as well as bursitis, emphysema, and hemorrhoids.

Horsetail also improves the texture and tone of hair, nails, and skin.

Preparation/Administration:

Available as tea, infusion, and tincture; can also be prepared as macerated horsetail.

Precautions:

Horsetail should not be used during pregnancy and while nursing, or if suffering from prostate cancer, cardiac disease, or high blood pressure.

It should not be administered to children.





Kava

Scientific name:

Piper methysticum

Distribution: abundant in the Western Pacific: Hawaii, Vanuatu, Melanesia, Micronesia, and Australia

Health benefits:

Kava helps reduce anxiety and aids in relaxing and sleeping. It is prescribed to treat stiffness, insomnia, pain, jet lag, and uncontrolled epilepsy. It contains kavapyrones which enables muscles to relax to reduce convulsions.

In low doses, kava improves activity and awareness; in large doses it can cause drowsiness.

Unlike anxiety drugs, the lactones in kava have no adverse effects on heart rate, thinking ability, breathing, or blood pressure

Preparation/Administration:

Decoction of kava is prepared by boiling the herb in water; also available in tinctures and tablets. Should be taken in a standardized form containing 70% kava lactones.

Precautions:

It is counter-indicated for patients taking liver-compromising medications or with liver diseases as it can cause liver damage according to the US FDA.

Kava lactones can cause numbing in the mouth when direct contact with the plant occurs.

It should not be combined with alcohol, pharmaceutical tranquilizers, or antidepressants.





Lavender

Scientific name:

Lavandula angustifolia,
L. officinalis, L. vera

Distribution: abundant in the Western Mediterranean region: Pyrenees and mountains of Northern Spain

Health benefits:

Lavender is popularly known to be a general tonic, sedative, antispasmodic, diuretic, and digestive aid.

Lavender has antihistamine properties. Inhaling the vapors help treat bronchitis. Its prostaglandin-inhibiting effects help reduce pain and swelling when infused in an oil.

The essential oils have antiseptic properties that make it useful in treating skin ailments like acne, psoriasis, eczema, and fungus.

Lavender oil effectively soothes nerves and helps with insomnia when it is added to the bath. It is also used to treat headaches, anxiety, and yeast infections.

Preparation/Administration:

Herb is available as essential oils, tea or infusion from flowers, lavender vinegar, tincture, and lavender water.

For topical application, macerated lavender can be made from dried lavender flowers mixed with alcohol.

Precautions:

Lavender may stimulate bile secretion and should be avoided by individuals who suffer from gallstones. It is also not recommended to be used by those suffering from hyperacid gastritis or hypertension.

Lavender must be used with caution during pregnancy and while breastfeeding.



Lemon balm

Scientific name:

Melissa officinalis

Distribution: native to Southern Europe and the Mediterranean region

Health benefits:

Lemon balm regulates menstrual cycle and relieves symptoms of PMS and depression related to menopause by promoting hormone balance. It also relaxes and strengthens women during childbirth.

The bitter properties gently stimulate the liver and gallbladder and enhance digestion and absorption. Infusion gives relief for respiratory conditions including colds, flu, coughs, bronchitis, and asthma.

It also provides remedy for heart pains, palpitations, or irregular heartbeat related to anxiety or depression, as well as for headaches, migraine, vertigo, and buzzing in the ears.

It also has antibacterial and antiviral properties.



Preparation/Administration:

The plant is used in creams and capsules, and is also available as tinctures and infusions.

Precautions:

It may increase barbiturate effects.





Licorice

Scientific name:
Glycyrrhiza uralensis

Distribution: native to Asia

Health benefits:

Licorice is used to treat skin infections, cough, constipation, bronchitis, inflammation, and arthritis, as well as adrenocortical insufficiency, peptic ulcer, and chronic gastritis. Flavonoids in licorice kill bacteria that cause stomach ulcers and inflammation. Liquiritin, a licorice extract, is used to treat melasma, a skin pigmentation disorder. Licorice is used as flavoring in many cough lozenges and syrups.

Preparation/Administration:

Available in tablet form, as tincture, and in standardized form as DGL; decoction can be prepared from dried root. It can be taken as tea or chewed directly.

Precautions:

Large doses or direct chewing may cause licorice toxicity and other side effects. Intake should not exceed 3 grams daily for more than 6 weeks when suffering from heart disease or high blood pressure. It should also be avoided by those with estrogen-sensitive disorders.

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Milk thistle

Scientific name:

Silybum marianum

Distribution: native to the Mediterranean regions of Europe, Northern Africa, and the Middle East; now found worldwide

Health benefits:

Milk thistle is popularly known as a detox herb.

It stimulates protein synthesis in the liver. The seeds contain silymarin which helps maintain proper liver function and protects against highly toxic compounds.

Milk thistle is very effective in soaking up toxins from drugs and alcohol in the body. It is used to treat hepatitis and jaundice, as well as other liver conditions related to infection, excess alcohol, or chemotherapy.

Milk thistle also aids in the regulation of fat digestion, helps stabilize blood sugars, and reduces intestinal inflammation.

Preparation/Administration:

Milk thistle seeds are used medicinally in teas, tinctures, and capsules; silymarin powder is not as effective when prepared as tea as it is very poorly soluble in water.

Precautions:

Some people may experience a mild laxative effect.





Nettle

Scientific name:
Urtica dioica

Distribution: native to Europe, Asia, Africa, and North America

Health benefits:

Nettle is renowned for its astringent, expectorant, tonic, anti-inflammatory, and diuretic properties. It is used to treat hepatic, arthritic, or rheumatic conditions, and as an enhancing agent in the treatment of allergies, anemia, and kidney diseases.

Fresh nettle leaves may be placed on the skin, especially on the kidney area to help ease more severe rheumatic pains as a result of their stinging and burning effect. The process is known as urticaria.

It also strengthens the immune system.

Preparation/Administration:

Nettle is available as tea, infusion, tincture, juice, and powder (from root).

Precautions:

A painful and burning sensation may be caused by the fresh leaves of the plant but this is relatively harmless; they may also cause acute urticaria.



Noni

Scientific name:

Morinda citrifolia

Distribution: native to Southeast Asia and Australia but is now distributed throughout the tropics

Health benefits:

Noni is a natural antioxidant and is very rich in vitamin C.

Traditionally, it has been used for the treatment of high blood pressure, immune deficiency, diabetes, depression, menstrual problems, and rheumatoid arthritis.

The root compounds may contain natural sedative properties that help lower blood pressure and the fruit provides a safe and effective way to increase serotonin levels, which gets depleted as a result of anger, stress,

Preparation/Administration:

Noni is available as powder or juice, oil (from seeds), and pills.

Precautions:

There are no clinically proven side effects.



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Parsley

Scientific name:

Petroselinum hortense

Distribution: may have been originally from the Eastern Mediterranean but is now majorly grown in the United States, Europe, and Canada

Health benefits:

Parsley is a great source of vitamin C; it has been proven to contain more vitamin C than any other fruit.

Parsley has antioxidant properties which make it effective in eliminating toxins from the kidney and maintaining blood vessel elasticity.

It is known to have general stimulant and diuretic properties, as well as antiseptic, anti-infectious, antirachitic, and anti-rheumatic properties. It also has great potential as an anti-cancerous herb; it protects the liver and the intestines against cancer.

Parsley effectively neutralizes the negative effects of smoking.

The seeds help stimulate fertility. It also combats alcohol dependency and protects against brain tumors.

Preparation/Administration:

Parsley leaves and roots are commonly used in food preparation. It is also available as parsley infusion, powder, and poultice

Precautions:

Products containing parsley are not recommended for pregnant and nursing women; however, parsley in foods is safe for consumption.



Passion flower

Scientific name:

Passiflora incarnata, *P. caerulea*

Distribution: Southern United States

Health benefits:

Passion flower has sedative and anti-spasmodic properties. The plant helps relieve muscle tension, pain, and anxiety. It is used to treat sciatica, neuralgia, shingles, Parkinson's, agitation, stress, and stress-related ailments such as colic and asthma.

It lowers blood pressure and is known to treat low sex drive. As an aid in treating insomnia, it is not addictive and does not cause morning grogginess.

It also helps treat withdrawal symptoms related to cocaine, heroine, or opiates.

Passion flower is also used to relieve symptoms of menopause.

Preparation/Administration:

The fruits and flowers of the plant are edible. The plant can be taken as an infusion; the dried herb is used to make tea.

Precautions:

The plant should be avoided by individuals taking MAO inhibitors.





Peppermint

Scientific name:

Passiflora incarnata, *P. caerulea*

Distribution: indigenous to Europe and is now cultivated worldwide

Health benefits:

Peppermint is widely known as a general tonic; it effectively revitalizes the body and dispels lethargy.

It has astringent and decongestant properties which help relieve stuffiness and congestion. When taken internally, it induces heat and sweating, and improves blood circulation. It is very useful in treating chills, fevers, flu, and colds.

Peppermint is known to provide a soothing effect during menstrual pain, asthma, and insomnia. In the digestive tract, it helps reduce inflammation and relieves colic, flatulence, heartburn, indigestion, hiccups, nausea, and vomiting.

Peppermint is often an ingredient in oils, lotions, creams, and salves because of its analgesic effect; it helps ease inflammation related to arthritis and helps treat headaches, neuralgia, sciatica, and other general aches and pains. The oils also have antiseptic, antibacterial, antiparasitic, antiviral, antifungal properties.

Bitters help stimulate and cleanse the liver and prevent gallstones.

Preparation/Administration:

Peppermint is easy to grow and is available as teas, oils, and menthol lozenges.

Precautions:

Toxicity studies have produced varied results, including possible adverse effects to the liver.

Psyllium

Scientific name:

Plantago sp.

Distribution: native to Europe, Pakistan, and India

Health benefits:

Psyllium is known as a detox herb.

The seeds help promote healthy bowel movement and are a main ingredient in most laxatives. Psyllium can also be used to treat symptoms of bronchitis, pneumonia, Crohn's disease, and irritable bowel syndrome.

Traditionally, Psyllium has been used to treat diarrhea, hemorrhoids, constipation, and urinary problems.

Psyllium has special absorption properties which help remove toxins inside the body.

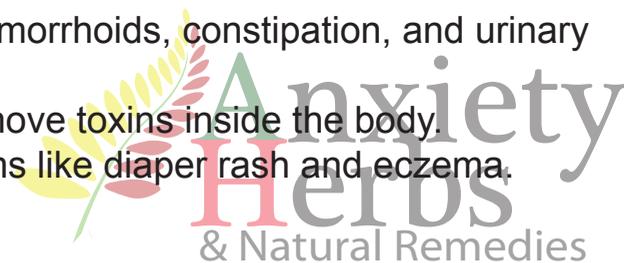
Plantain leaves can be used topically to treat skin problems like diaper rash and eczema.

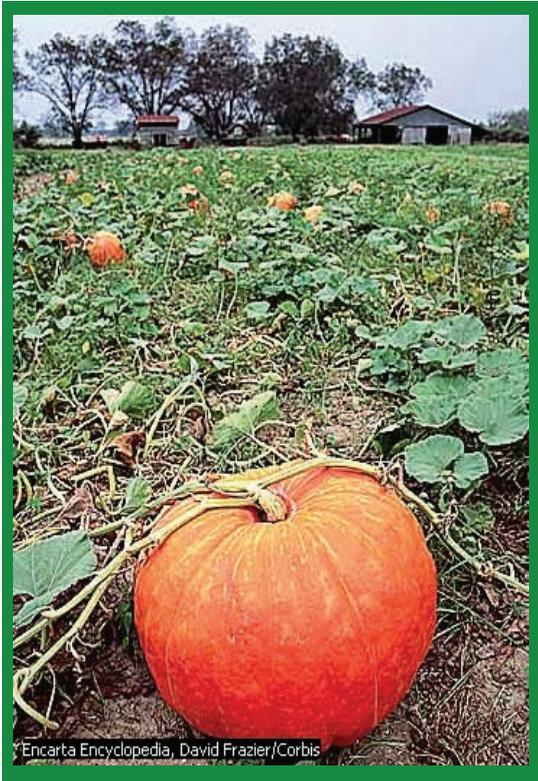
Preparation/Administration:

Psyllium is commonly available as a dietary fiber supplement in powdered form.

Precautions:

Drinking plenty of water throughout the day when taking psyllium is advised to avoid intestinal blockage.





Pumpkin

Scientific name:

Cucurbita sp.

Distribution: spread all over the world

Health benefits:

Pumpkin is rich in antioxidants and beta-carotene which make it very effective in protecting against heart disease. The pulp contains pro-vitamin A, vitamins C and E, salts and minerals, carbohydrates, and proteins. The oil from seeds help reduce cholesterol levels. The seeds contain oil, proteins, resins, and enzymes with antihelminthic properties. They help eliminate intestinal parasites as well as stimulate kidney activity. Pumpkin is used to treat dyspepsia and constipation through its laxative action. It has been known to promote cell regeneration and to slow down aging. Pumpkin juice is used to treat ulcers and hyperacidity. Pumpkin can also be used topically to treat burns, inflammations, and abscesses.

Preparation/Administration:

The vegetable is usually eaten and prepared in many different ways; it is also available as pumpkin juice; decoction can be made from its seeds.

Precautions:

Pumpkin recipes may end up being rich in cholesterol, like pumpkin cakes which use plenty of eggs; find low-cholesterol substitutes.



Rooibos

Scientific name:

Aspalathus linearis

Distribution: native to South Africa; can also be found in United States, United Kingdom, and Australia

Health benefits:

Rooibos contains at least 37 natural antioxidants, minerals, vitamin C, and alpha-hydroxy acids. It rivals green tea for its ability to reverse and prevent the harmful effects of free radical damage to the body due to its high antioxidant content.

It is known to have antiviral properties which make it a useful remedy for colds and flu. It also has antispasmodic, anti-allergy, and anti-anxiety properties which make it useful in treating allergies, stress, and insomnia.

When applied topically, Rooibos tea provides a soothing effect and relieves skin problems like eczema, diaper rash, and acne.

It has been traditionally used to relieve infant colic, calm digestive upsets in adults, and help induce sleep.

Preparation/Administration:

Rooibos leaves are available as tea.

Precautions:

Rooibos may interfere with iron absorption and should be avoided by people with iron-deficiency problems.





Rosemary

Scientific name:

Rosemarinus officinalis

Distribution: abundant in the Mediterranean coastlines; can also be found in Uruguay and has become widespread in Europe, North America, and Mexico.

Health benefits:

Rosemary has been known to have analgesic, antiseptic, antidepressant, anti-inflammatory, expectorant, antiviral, aphrodisiac, and disinfectant properties.

It helps stimulate bile secretion, destroy microorganisms in the intestines, increase quantity of eliminated urine, and improve blood flow.

Rosemary also has calming effects that work against fatigue, sadness, anxiety, muscle soreness, digestive pains, and stress-induced indigestion.

It is an ideal memory stimulant.

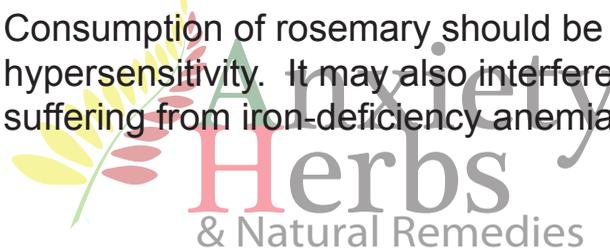
Rosemary is commonly used in aromatherapy to promote healthy sleep and to help revitalize the body.

Preparation/Administration:

Rosemary is available as teas, tinctures, capsules, and ethereal oils. It is also often used in meal preparations.

Precautions:

Consumption of rosemary should be avoided during pregnancy or in cases of epilepsy or hypersensitivity. It may also interfere with iron absorption so it should be avoided by individuals suffering from iron-deficiency anemia.





Saw palmetto

Scientific name:

Serenoa repens

Distribution: endemic to Southeastern United States

Health benefits:

Saw palmetto has traditionally been used as a diuretic and an immune system stimulant. The berries are effective in treating prostate disorders.

It has nourishing and tonic effects which help remedy atrophy of testes, low libido, impotence, prostate enlargement, and inflammation of the reproductive tract. It also relieves UTI, fluid retention, incontinence, and bed-wetting.

For women, it serves as a reproductive tonic, increasing sexual energy, fertility, and breast milk production. It is also used to relieve painful menstruation and regulates menstrual cycles.

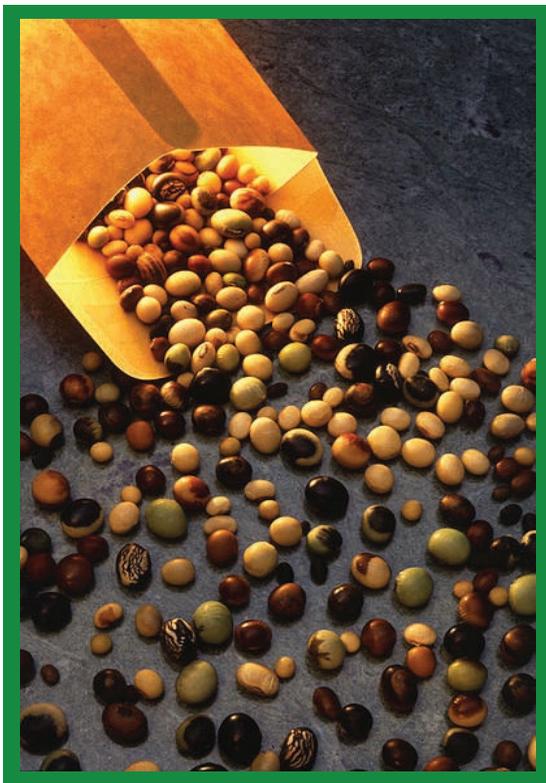
Saw palmetto has been known to relax the nervous system and soothe tension and anxiety. It has a toning action on the mucous membranes which helps treat colds, catarrh, and sinusitis, as well expectorant properties which help treat asthma and bronchitis.

Preparation/Administration:

Saw palmetto is available as tablets and tinctures.

Precautions:

The plant is not recommended for pregnant and lactating women, or those who wish to conceive. It can also cause diarrhea.



Soy

Scientific name:
Glycine max

Distribution: native to East Asia; top soybean producers are the United States, Brazil, Argentina, China, and India

Health benefits:

Soy is a great dietary substitute as it is rich in proteins, iron, vitamin C, and fibers. It is also an excellent source of albumin, potassium, magnesium, phosphorus, calcium, vitamin E, and it contains isoflavonoids.

Soy can help reduce arterial pressure, cholesterol levels, and hypertension and also regulates glycemia level. It is also used as an effective treatment for obesity and against neurodegeneration. It is known to have antioxidant properties which protect against the development of prostate and mammary cancers. It also reduces the symptoms of menopause.

Soy is very effective in maintaining bone density, in strengthening the immune system, and in maximizing the brain's memory capacity.

Preparation/Administration:

Product derivatives: soy vegetable oil, soymilk, tofu, fermented foods (soy sauce, miso), and infant formula.

Precautions:

When taken in large quantities, some components of soy can be risk factors, especially in the case of children. The diets of pregnant and lactating women and infants should not include soy or foods derived from soy.



St. John's wort

Scientific name:

Hypericum perforatum

Distribution: found worldwide; native to temperate and subtropical regions of North America, Europe, Turkey, Russia, India, and China

Health benefits:

St. John's wort is valued for its expectorant action, which speeds up recovery from coughs and chest infections. It also has antibacterial and antiviral properties that make it effective against tuberculosis and influenza A.

It has astringent and antimicrobial properties which make it effective in treating gastroenteritis, diarrhea, and dysentery.

The plant also helps relieve nerve pain and trauma to the nervous system.

The herbal oil soothes and heals burns, cuts, wounds, sores, ulcers, and eases inflammations.

St. John's wort is also used to treat fatigue, depression, loss of appetite, insomnia, and anxiety.

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Preparation/Administration:

For topical application, flowers or dried herb can be made into infusion with the addition of olive oil; let it infuse for 4-5 weeks. St. John's wort is also available in capsule form and tea can be made from dried herb.

Precautions:

St. John's wort may interfere with other medications, like anesthesia; advise your doctor about your use/consumption of the herb before undergoing surgery.

The plant may also cause dermatitis. Fair-skinned people taking St. John's wort should avoid prolonged sun exposure or exposure to other ultraviolet light sources like tanning beds.

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Tea tree (oil)

Scientific name:

Melaleuca alternifolia

Distribution: native to Australia

Health benefits:

Tea tree is known to have antibacterial, antifungal, antiviral, and antiseptic properties. It is very effective in the treatment of conditions like ringworm, insect bites, dandruff, athlete's foot, and yeast infection.

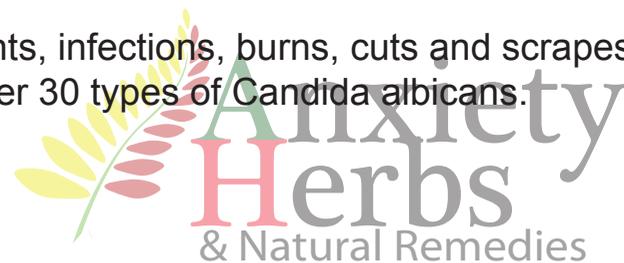
Tea tree oil is a very useful first-aid remedy for skin ailments, infections, burns, cuts and scrapes. It has also been known to be an effective treatment for over 30 types of *Candida albicans*.

Preparation/Administration:

Tea tree is available as essential oils.

Precautions:

Tea tree (oil) should not be used internally as it can result in nerve damage.





Turmeric

Scientific name:
Curcuma longa

Distribution: native to tropical South Asia

Health benefits:

Turmeric has antioxidant, anticancer and anti-inflammatory properties. It stimulates the immune system and has been shown to speed up recovery of some patients from cancer.

Traditionally, turmeric has been used to treat liver and gallbladder problems, as well as ease premenstrual symptoms.

Turmeric is also used to treat arthritis, eczema, endometriosis, atherosclerosis, cataracts, gallstones, and indigestion.

Turmeric also effectively lowers cholesterol.



Preparation/Administration:

The herb's roots are available as powders and tinctures.

Precautions:

When used for prolonged periods, turmeric can cause stomach upsets. It must be used with caution by individual with clotting disorders. The extract should not be used by pregnant and lactating women and by individuals with gallstones or obstruction of bile passages.





Valerian

Scientific name:

Valeriana officinalis

Distribution: native to Europe and parts of Asia; now also cultivated in North America

Health benefits:

Valerian is commonly used by women due to its antispasmodic property, which makes it an effective remedy for abdominal cramps, uterine cramps, and premenstrual pains.

It is a recommended remedy for tension headaches, bronchial spasms, lingering coughs, and as a muscle relaxant to ease pain.

The roots have sedative properties which help calm restlessness and anxiety and overcome insomnia.

Preparation/Administration:

Valerian is available as teas, tinctures, and capsules.

Precautions:

Valerian should not be used by children under 12 and pregnant women and nursing women.

This herb should not be mixed with alcohol, prescription tranquilizers, or antidepressants.

Prolonged use may cause withdrawal symptoms.





White willow bark

Scientific name:

Salix alba

Distribution: native to Europe and Western and Central Asia

Health benefits:

White willow bark has pain killing properties similar to aspirin. Its analgesic and anti-inflammatory properties help inhibit prostaglandin production and help relieve inflammation/pain. It also effective in treating fever, colds, headaches, and minor infections.

Unlike aspirin, white willow bark does not cause the thinning of blood nor irritation of the stomach lining.

Preparation/Administration:

White willow bark is available as capsules and salicin tablets.

Precautions:

There is a rare risk of developing Reyes' syndrome as a result of taking white willow bark. Children with viral infections, chickenpox symptoms, or flu should not take white willow bark. It should not be combined with aspirin and should not be taken by individuals who are allergic to aspirin.



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