

Section Five

Properties

This section contains the definition of the various properties used to describe the therapeutic actions of natural remedies. Indications and contraindications are included with many properties, and each property includes a list of products with that therapeutic action. The products that best represent each property are highlighted in bold.

Abortifacient

May cause abortion or miscarriage. Trying to abort a baby with herbs is not recommended.

Herbs: Anamu and Blue Cohosh

Absorbant

A substance used to absorb irritating toxins both internally and externally. May be applied topically as a poultice for bites, stings, or other irritations. Can also be taken internally to absorb toxins. Must be used with a large amounts of water to be effective.

Herbs: Marshmallow, Mullein, **Psyllium** and Slippery Elm

Herbal Formulas: Intestinal Soothe & Build, LOCLO, Marshmallow & Fenugreek, **Nature's Three**, PLS II and **Psyllium Hulls Combination**

Nutraceuticals: Everybody's Fiber and Fat Grabbers

Acidifier

A substance used to increase gastric acidity; or a substance used to lower the pH of the body, especially urine and/or saliva.

Nutrients: Vitamin C

Acrid

A hot, biting, slightly irritating taste. Often found in herbs that are antispasmodic.

Herbs: Black Cohosh, Kava Kava and Lobelia

Herbal Formulas: Ultimate Echinacea

Adaptogen

Adaptogens help the body adapt to stressful situations and maintain normal function under mental or physical stress. Strengthen and support adrenal function by adjusting the hypothalamus/pituitary/ adrenal axis to reduce the output

of stress hormones. Helps to build the immune system because stress hormones reduce the immune response.

Herbs: Astragalus, **Cordyceps**, **Eleuthero**, Gotu Kola, Korean Ginseng, Maca and Wild American Ginseng

Herbal Formulas: **AdaptaMax**, Energ-V, HY-A, Nature's Chi, **Nervous Fatigue Formula**, SUMA Combination and Trigger Immune

Nutraceuticals: Master Gland and Nature's Cortisol Formula

Packs: Glandular System Pack and Nervous System Pack

Adrenal Tonic

A substance that builds up and strengthens the function of the adrenal glands.

Herbs: Bee Pollen and **Licorice Root**

Herbal Formulas: Energ-V, HY-A, Nature's Chi and **Nervous Fatigue Formula**

Nutrients: **Pantothenic Acid** and Vitamin C

Nutritional Supplements: Nutri-Calm and Vitamin B-Complex

Nutraceuticals: **Adrenal Support**

Packs: Glandular System Pack

Essential Oils: Roman Chamomile

Adrenergic

Stimulates the production of, enhances the effect of or mimics the action of epinephrine. See also *Sympathomimetic*. Useful for ADD where parasympathetic dominance is involved. Not recommended in anxiety and stress-related disorders.

Herbs: **Licorice Root**

Herbal Formulas: **Energ-V** and MetaboMax

Nutrients: Vitamin B-6 and Vitamin C

Adsorbant

An adsorbant causes other substances to stick to it. It is different from an absorbant, in that substances adhere to the surface of it, instead of being drawn into it. Used topically and internally to eliminate poisons and irritants. May be helpful to counteract chemical poisoning from caustic agents. Contact your poison control center for advice. Should not be taken with other nutritional supplements as they tend to inhibit nutrient absorption.

Nutrients: **Activated Charcoal** and Hydrated Bentonite

384 - Alexipharmic

Alexipharmic

Preventing the bad effects of poison inwardly; antidote.

Herbs: Black Cohosh and Lobelia

Alkalinizer

An agent that neutralizes acid or causes alkalization; a substance used to raise the pH level of the body, especially urine and/or saliva.

Herbs: Barley Grass, Nature's Gold and Red Clover

Herbal Formulas: Noni and Stress Relief

Nutrients: Calcium, Chlorophyll and Magnesium

Nutritional Supplements: Skeletal Strength

Nutraceuticals: Potassium Combination

Alterative (Blood Purifier)

Cleanses (or alters) the internal environment of the body without producing noticeable laxative or diuretic effects. Helps remove toxins from the blood, probably by strengthening liver and or lymphatic function. Purifies the blood, helping to combat impurity in the blood and organs. Used to treat torpid or stagnant conditions in the body. Traditionally used to clear up morbid conditions in the body, especially skin diseases, skin eruptions, cancer and wounds with pus.

Herbs: Alfalfa, Black Cohosh, Blessed Thistle, Blue Vervain, Burdock, Chickweed, Dandelion, Echinacea Purpurea, Golden Seal, Gotu Kola, Milk Thistle, Pau d'Arco, Red Clover, Safflowers, Sarsaparilla, Yarrow, Yellow Dock and Yucca

Herbal Formulas: All Cell Detox, Blood Stimulator, BP-X, E-Tea, Enviro-Detox, Herbal Trace Minerals, I-X, IF-C, Joint Support, LIV-J, Liver Balance, Liver Cleanse Formula, Lymphatic Drainage, Red Clover Blend, SF, Sinus Support, Skin Detox, Ultimate Echinacea and VS-C

Nutraceuticals: Gentle Move

Packs: Tiao He Cleanse

Essential Oils: Pink Grapefruit

Analgesic (Anodyne)

Helps to relieve pain without causing loss of sensation. An anodyne is a mild analgesic. Useful for minor pains. Don't expect herbal analgesics to have the strength of prescription painkilling drugs. Often they simply take the "edge" off the pain so it is bearable.

Herbs: Anamu, Black Cohosh, Capsicum, Catnip, Chamomile, Devil's Claw, Feverfew, Ginger, Hops, Kava Kava, Lobelia, Valerian Root and Yucca

Properties

Herbal Formulas: APS II, Cramp Relief, Herbal Sleep, IF Relief, IF-C, Joint Support, KB-C, Nerve Control, Nerve Eight and Noni

Nutrients: Black Currant Oil, Evening Primrose Oil, MSM and Super GLA

Nutraceuticals: Fibralgia and Relief Formula

Essential Oils: Clove Bud, Deep Relief Oil, Eucalyptus, Geranium, Lavender, Pink Grapefruit, Rosemary and Sweet Marjoram

Topicals: All Natural Pain Relief, Everflex Pain Cream, MSM/Glucosamine Cream and Nature's Fresh Enzyme Spray

Anaphrodisiac

Decreases sex drive.

Herbs: Hops

Herbal Formulas: Wild Yam & Chaste Tree

Essential Oils: Sweet Marjoram

Androgenic

An agent that produces or enhances masculine characteristics.

Herbs: Korean Ginseng, Sarsaparilla and Wild American Ginseng

Nutraceuticals: Men's X-Action

Anesthetic

A drug or agent that is used to abolish the sensation of pain by numbing nerve endings.

Herbs: Capsicum and Kava Kava

Essential Oils: Clove Bud and Deep Relief Oil

Anodyne

See Analgesic.

Herbal Formulas: IF Relief

Nutraceuticals: Super ORAC

Antacid

Neutralizes excess stomach acid and/or relaxes the stomach and prevents or treats acid indigestion. Opposite action of digestive tonics. Antacids are used for excess stomach acid that usually occurs in younger people in response to overeating or stress. Indicated by sharp burning pains associated with eating. Dull, burning pains which occur about one to two hours after eating are not symptoms of acid indigestion, but rather a lack of hydrochloric acid and/or enzymes.

Calcium based antacids are generally contraindicated in this latter form of acid indigestion. However, herbal antac-

ids do not appear to adversely affect acid indigestion caused by lack of hydrochloric acid.

Herbs: Catnip, Dandelion, Ginger, **Golden Seal**, Hops, Kelp, Marshmallow, Red Raspberry, **Safflowers**, Sage and Sarsaparilla

Herbal Formulas: Anti-Gas Formula, **Catnip & Fennel**, Red Beet Root Formula and Red Raspberry Liquid

Nutraceuticals: Small Intestine Detox and **Stomach Comfort**

Anthelmintic

A vermifuge, destroying or expelling intestinal worms; an agent that is destructive to parasitic worms. See *Vermifuge*.

Anti-abortive

Helps stop miscarriage or spontaneous abortion. Opposite of abortifacient. Used when bleeding or cramping starts in the early stages of pregnancy to help avoid a miscarriage.

Herbs: **False Unicorn**, Lobelia and **Red Raspberry**

Nutrients: Vitamin C

Anti-aging

Helps to counter the effects of aging

Herbs: **Ginkgo Biloba**, Gotu Kola, He Shou Wu, Korean Ginseng and Maca

Herbal Formulas: AdaptaMax, **Ginkgo & Hawthorn** and Nature's Chi

Nutrients: Co-Q10 and DHEA

Nutraceuticals: **Brain-Protex w/ Huperzine A**, Super ORAC and **Thai-Go**

Anti-arrhythmic

Combating an irregular heart beat; an agent that prevents or alleviates cardiac arrhythmia.

Herbs: **Hawthorn Berries**

Herbal Formulas: Ginkgo & Hawthorn

Nutrients: Calcium and **Magnesium**

Nutraceuticals: Cardio Assurance

Anti-arthritis

An agent that combats joint pain or arthritis (rheumatism).

Herbs: Alfalfa, Aloe Vera, Anamu, Barley Grass, Black Cohosh, Capsicum, **Devil's Claw** and Nature's Gold

Herbal Formulas: Herbal CA, **HSN-W**, Joint Health, **Joint Support**, **KB-C** and Nerve Eight

Herbal Extracts: CurcuminBP

Nutrients: Chondroitin, Evening Primrose Oil, Glucosamine, MSM, Omega-3 and Super GLA

Nutraceuticals: **EverFlex**

Essential Oils: Deep Relief Oil

Topicals: **Everflex Pain Cream** and MSM/Glucosamine Cream

Anti-emetic (Antinauseous)

Suppresses vomit reflex, relieves nausea. Used for flu, morning sickness, motion sickness, nausea, etc.

Herbs: **Ginger**, Red Raspberry, White Oak Bark and Wild Yam

Herbal Formulas: Red Raspberry Liquid

Nutrients: Chlorophyll

Essential Oils: Clove Bud and **Peppermint**

Anti-epileptic

Opposed to epilepsy; relieving fits.

Herbs: Blue Cohosh, Gotu Kola, Hops, Lobelia and Passion Flower

Nutrients: **Magnesium**

Nutraceuticals: Focus Attention and **GABA Plus**

Anti-inflammatory

Reduces inflammation (heat, swelling and pain). Used to reduce inflammatory conditions in the body. Anti-inflammatories vary widely in their mode of action and hence in their specific applications. Almost any herb that heals tissue damage will also act as an anti-inflammatory agent.

Herbs: Aloe Vera, Anamu, Blue Cohosh, Chamomile, Cordyceps, **Devil's Claw**, Echinacea Purpurea, Eye-bright, Feverfew, Ginkgo Biloba, Gotu Kola, **Licorice Root**, Milk Thistle, Nature's Gold, Pau d'Arco, Sarsaparilla, **Wild Yam**, Yarrow and **Yucca**

Herbal Formulas: APS II, Bone/Skin Poultice, Bronchial Formula, CC-A, Chinese Kidney Activator, CLT-X, **IF Relief**, **IF-C**, Joint Health, Joint Support, Nerve Eight, Noni, PLS II, PS II, Skin Detox, Uña De Gato and VS-C

Herbal Extracts: **CurcuminBP**

Nutrients: CLA, Co-Q10, DHA, Equolilibrium, Evening Primrose Oil, Glucosamine, Grapevine, MSM, Omega-3 and Super GLA

Nutraceuticals: Elderberry D3fense, EverFlex, Everybody's Fiber, Gentle Move, Relief Formula, Super Antioxidant, **Super ORAC**, **Thai-Go** and Vari-Gone

Packs: Circulatory System Pack and Structural System Pack

386 - Anti-obesic

Essential Oils: Bergamot, Clove Bud, Geranium, Helichrysum, Myrrh, Patchouli, Pine Needle, Roman Chamomile and Tea Tree Oil

Topicals: All Natural Pain Relief, MSM/Glucosamine Cream and **Nature's Fresh Enzyme Spray**

Anti-obesic

A remedy used in the treatment of weight reduction for persons suffering from obesity.

Herbs: Chickweed and Nature's Gold

Herbal Formulas: MetaboMax and **SF**

Nutrients: 7-Keto

Nutraceuticals: Carbo Grabbers, Fat Grabbers, Garcinia Combination, Nature's Cortisol Formula, Solstic Slim and **Target TS-II**

Foods: Meal Replacement

Packs: MetaboStart

Essential Oils: Pink Grapefruit

Anti-urolithic

An agent that prevents the formation of urinary calculi (kidney stones)

Herbs: **Hydrangea**

Nutrients: **Magnesium**

Antiadrenergic

Of or pertaining to a substance that opposes the physiological effects of epinephrine; an agent that reduces production or uptake of epinephrine (adrenaline) and other related compounds secreted by the adrenal glands. This can have a stress reducing effect. See also *Sympatholytic*.

Herbs: Eleuthero and Lobelia

Herbal Formulas: Nervous Fatigue Formula and Stress Relief

Nutritional Supplements: Nutri-Calm

Antiallergenic

Reduces allergic reactions. Includes herbs listed under antihistamine and mast cell stabilizers. These remedies are used to reduce the allergic responses in mucus membranes of the digestive and respiratory tract. They are useful for hay fever, allergy-induced asthma and earaches.

Herbs: Burdock, Echinacea Purpurea, Eyebright and Ginkgo Biloba

Herbal Formulas: **ALJ**, E-W and Seasonal Defense

Nutrients: Co-Q10 and **Vitamin C**

Nutraceuticals: **HistaBlock**

Properties

Antibacterial

Destroys or inhibits bacteria. Used to fight infection both internally and externally. Many of these remedies do not directly kill bacteria, but act in indirect ways to inhibit their growth or enhance the body's own ability to destroy them.

Herbs: Echinacea Purpurea, Feverfew, **Garlic**, Golden Seal, Gotu Kola, Pau d'Arco and Yarrow

Herbal Formulas: Capsicum & Garlic with Parsley, Cranberry & Buchu, **Echinacea/Golden Seal**, Gastro Health, GC-X, IN-X, Lung Support, Lymph Gland Cleanse, Seasonal Defense, Sinus Support, **Ultimate Echinacea** and Uña De Gato

Herbal Extracts: Olive Leaf

Nutrients: **Silver Shield**, Vitamin A & D and Vitamin C

Nutraceuticals: Elderberry D3fense

Packs: Immune System Pack

Essential Oils: Clove Bud, Eucalyptus, Helichrysum, Lavender, Lemon, Myrrh, Neroli, Sweet Marjoram, **Tea Tree Oil** and Thyme

Appliances: Boomerang Air and Surface Sanitizer

Anticancer

Remedies that help to fight cancer and shrink tumors.

Herbs: Anamu, Burdock, Pau d'Arco and Red Clover

Herbal Formulas: E-Tea, Red Clover Blend and Uña De Gato

Herbal Extracts: CurcuminBP, **Flax Hull Lignans** and **Paw Paw Cell-Reg**

Nutrients: Equolibrum, Indole 3 Carbinol, Protease and Vitamin D3

Nutraceuticals: **Immune Stimulator** and SC Formula

Anticarious

Preventing or suppressing the development of dental caries (cavities).

Herbs: Alfalfa, Black Walnut and White Oak Bark

Foods: Xylitol

Essential Oils: Thyme

Anticatarrhal

Help the body remove excess catarrh, whether in the sinus area or other parts of the body.

Herbs: Eyebright

Herbal Formulas: **ALJ**, E-W, **Fenugreek & Thyme** and **Sinus Support**

Nutraceuticals: Small Intestine Detox and SnorEase