

COTTAGE HILL HERB FARM

**Organic
Dried Herbs and Herbal Powders**



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Organic Whole Dried Herbs, Powders and Herbal Teas

Alfalfa Tea	Flax Seed	Pimento
Alfalfa Powder	Fo-Ti-Teng Powder	Pineapple Sage
Andrographis Powder	Frankincense Granules	Psyllium
Aniseed	Galangal Powder	Plantain Leaf
Apple Pectin	Garam Masala Powder	Poke Root
Arnica	Garlic Flakes	Poppy Seeds
Ashwaganda Root	Garlic Powder	Raspberry Leaf
Ashwaganda Powder	Gaurana Powder	Raspberry Powder
Astragalus Root	Gentian Root Powder	Red Raspberry Powder
Astragalus Powder	Ginger Powder	Red Clover
Bacopa	Ginkgo Leaf	Rehmannia
Barberry Bark	Siberian Ginseng Root	Rhodiola (Rosewood)
Barley Grass	Siberian Ginseng Powder	Rice Bran
Basil	Glucosamine Sulphate	Rice Bran Greens
Bay	Golden Rod	Rosemary
Bearberry Leaf	Gotu Kola Leaf	Rosehips
Beetroot Powder	Gotu Kola Powder	Rosehips Powder
Bee Pollen	Gravel Root	Rose Petals
Benzoin	Graviola	Rue
Bilberry Powder	Gymnema Leaf	Sage
Birch Leaf Powder	Hawthorn Powder	Sandalwood Powder
Blackberry Leaf	Hawthorn Leaf	Sarsaparilla
Black Cohosh	Hawthorn Berry	Saw Palmetto
Black Chia Seeds	Hibiscus Flower	Saw Palmetto Powder
Black Cumin Seed	Holy Basil (Tulsi)	Schisandra
Black Pepper	Hops	Senna Leaf
Black Pepper Powder	Horehound White	Senna Powder
Black Walnut Powder	Horny Goat Weed	Shepherds Purse
Bladderwrack	Horseradish Powder	Slippery Elm Powder
Bladderwrack Powder	Horsetail	Spearmint Tea
Bloodroot Powder	Horsetail Powder	Spirulina
Blue Cohosh Root	Horse Chestnut	Star Aniseed
Brewer's Yeast	Horse Chestnut Powder	Stevia
Broccoli Powder	Hydrangea Root	Suma Powder
Buchu	Hypericum (St Johns Wort)	Tarragon Leaf
Burdock Root	Hyssop	Thyme Leaf
Burdock Root Powder	Irish Moss	Tumeric Powder
Calendula	Italian Herb Blend	Tumeric Root
Carraway	Juniper Berries	Uva Ursi
Carrot Powder	Kava	Uva Ursi Powder
Cascara Sagrada Bark	Kelp	Valerian
Cascara Sagrada Powder	Kola Nut	Valerian Powder
Casserole Blend	Lady's Mantle	Vanilla Beans Whole
Cassia Powder	Lavender	Vervain
Cats Claw	Lemongrass Leaves	Vitex Berry

Catnip Tea
 Cayenne Powder
 Cayenne (Bird's Eye)
 Celery Seed
 Celery Seed Powder
 Chamomile Tea
 Chaparral
 Chervil
 Chicory Root
 Chickweed
 Chives
 Chlorella
 Chlorophyll
 Cinnamon Powder
 Cinnamon Quills
 Cleavers
 Cloves Whole
 Cloves Ground
 Colts Foot Leaves
 Comfrey Root
 Comfrey Powder
 Copal Gum Resin
 Coriander Whole
 Coriander Ground
 Cornsilk
 Cumin
 Cumin Ground
 Cranberries
 Damiana Leaf
 Dandelion Root
 Dandelion Powder
 Devils Claw
 Devils Claw Powder
 Diatomaceous Earth
 Dill Seed
 Dong Quai
 Dragon's Blood Resin
 Echinacea Root
 Echinacea Powder
 Elecampane
 Elderberries Whole
 Elderberry Leaf
 Elderflowers
 Eyebright
 Eyebright Powder
 Fennel seed
 Fenugreek Seed
 Fenugreek Powder







Lemongrass Powder
 Lemon Peel Powder
 Lemon Pepper
 Lemon Tea Tree
 Lemon Verbena Tea
 Lime/Linden
 Licorice Root
 Licorice Root Powder
 Maca Powder
 Marjoram
 Marshmallow Root
 Marshmallow Powder
 Meadowsweet
 Milk Thistle Leaf
 Milk Thistle Seed
 Mistletoe
 Mock Orris
 Motherwort
 Mullein
 Mugwort
 Mustard Seed
 M.S.M
 Myrrh Gum Resin
 Myrrh Powder
 Neem Leaf
 Nettle Tea
 Noni Berry
 Nutmeg Whole
 Oat Seed
 Oatstraw
 Olive Leaf
 Olive Leaf Powder
 Onion Flakes
 Onion Powder
 Orange Slices
 Orange Powder
 Oregano Leaf
 Orris Root Powder
 Parsley Leaf
 Passion Flower Tea
 Patchouli
 Pau d Arco Bark
 Pau d Arco Powder
 Pennyroyal
 Peppermint Tea







Wheatgrass Powder
 Whey Powder
 White Sage
 White Willow Bark
 Wild Yam
 Witch Hazel Powder
 Withania Root
 Withania Powder
 Wormwood Powder
 Wormwood Leaf
 Yarrow
 Yellow Dock Root
 Yellow Dock Powder
 Yucca Root Powder







Herbal Teas





Coffee
 Cinnamon Bark Tea
 Cocoa Powder
 English Breakfast Tea
 Green Tea
 Green Chai Tea
 Green Rooibos Tea
 Mate Tea
 Oatstraw Tea
 Pau d Arco Tea
 Red Bush Tea
 Roman Chamomile
 Skullcap Tea
 White Tea















<u>NAME OF HERB</u>	<u>DESCRIPTION</u>	<u>PRICES</u>
Alfalfa Leaf & Alfalfa Powder 	Full of minerals and trace elements. Useful for arthritis, ulcers and for menopause. Used for people who have had radiation or chemotherapy, to remove residual toxins.	Leaf - \$6.95 Powder - \$7.95 x 50gms
Andrographis Powder 	Primarily used as a broad spectrum anti - biotic and immunostimulant. Most effective for conditions associated with fever, inflammation, and the formation of pus. It may be taken as capsules or tincture or applied externally to the skin where it helps, eczema, bacterial problems and infected wounds. DO NOT USE IN PREGNANCY	\$9.95 x 50gms
Aniseed 	Liquorice like taste. May be used in salads and cooking for its unique flavour. Good for indigestion and colic for bronchitis and persistent irritable coughing and whooping cough. Helpful for head lice.	\$4.95 x 50gms
Apple Pectin Powder 	Is a polysaccharide present in high concentration along the cell walls of apple peels. Its gel forming qualities are responsible for its ability to lower cholesterol. Pectin binds cholesterol and bile acids in the gut which facilitates gastrointestinal removal. Helpful for weight loss.	\$12.50 x 50gms
Arnica Flowers 	Externally used in creams, ointments, and tinctures for its wonderful pain relieving anti-inflammatory effect. Excellent for bruises, acne, injuries and swelling, rheumatic pain and chilblains. CAUTION! DO NOT USE INTERNALLY!	\$12.95 x 50gms
Ashwaganda Root & Ashwaganda Powder 	INDIAN GINSENG- A powerful strengthening and aphrodisiac herb. This herb restores vitality, especially where overwork or nervous exhaustion is a problem. It calms and strengthens the nerves, promotes sound, restful sleep and calms and clears the mind.	Root - \$10.95 Powder - \$12.95 x 50gms





<p>Astragalus Root & Astragalus Powder</p> 	<p>Great energy tonic, especially for young people. Good for fluid retention, colds and viruses. Can be helpful for anaemia and glandular fever.</p>	<p>Root - \$11.95 Powder - \$14.50 x 50gms</p>
<p>Bacopa Cut</p> 	<p>Great for asthma, bronchitis, indigestion, ulcers and for constipation.</p>	<p>\$4.95 x 50gms</p>
<p>Barberry Bark</p> 	<p>Works well on the digestive system. Increases bile production, which helps with gallbladder stones and jaundice. Strong antiseptic properties.</p>	<p>\$9.95 x 50gms</p>
<p>Barley Grass Powder</p> 	<p>Creates an alkaline body. Packed with vitamins and minerals, a great energy tonic, excellent for the kidneys and immune system.</p>	<p>\$7.95 x 50gms</p>
<p>Basil Leaf</p> 	<p>Much loved culinary herb for Italian dishes, tomato and pizza dishes. Stimulates the physical body, creating more energy mentally and physically.</p>	<p>\$6.50 x 50gms</p>
<p>Bay Leaf</p> 	<p>Very popular and well known culinary herb with much attached historical use. Medicinally used to treat upper digestive tract problems and also to ease arthritic aches and pains. In cooking it promotes digestion and better absorption of food.</p>	<p>\$5.50 x 50gms</p>








<p>Bearberry Leaf</p> 	<p>This herb increases the secretion of bile, which helps to eliminate stress on the liver that is contaminated by impure blood. It may be used to lower blood pressure, it increases bowel function and may be used as a mouth wash or gargle for its antibacterial and astringent properties. Taken excessively it can cause depression</p>	<p>\$9.50 x 50gms</p>
<p>Beetroot Powder</p> 	<p>One of the finest foods for the liver and gallbladder. It is blood building and liver cleansing. It is used for all forms of cancer. It is an alkaline for the body.</p>	<p>\$6.95 x 50gms</p>
<p>Bee Pollen</p> 	<p>Bee Pollen is considered important in the treatment and improvement of allergies, acne and skin problems, anaemia, appetite, asthma, blood builder, capillary weakness, chronic fatigue, immune system problems, impotence and fertility, kidney disorders, longevity, menopause, prostate disease, ulcers and helpful for M.S. Improves general wellbeing.</p>	<p>\$12.50 x 50gms</p>
<p>Benzoin Gum</p> 	<p>Benzoin relieves nervous tension, headaches and improves concentration. An effective expectorant. May be ground into powder and used in capsules, used in incense or for burning on charcoals, for its sweet balsamic vanilla aroma that is soothing and comforting.</p>	<p>\$12.50 x 50gms</p>
<p>Bilberry Powder</p> 	<p>Has a tonic effect on blood vessels, valuable for varicose veins, haemorrhoids, and capillary fragility. Strengthens eyes.</p>	<p>\$9.50 x 50gms</p>
<p>Birch Leaf Powder</p> 	<p>Helpful for treating gout, rheumatism and arthritis. High in salicylates, which accounts for its anti-inflammatory action. It increases urination and is helpful as a general cleanser and detoxifier for chronic conditions, as it helps eliminate toxins and uric acid from the joints. Can be used in capsules, oils and tinctures and or added to massage mixes.</p>	<p>\$5.50 x 50gms</p>





<p>Blackberry Leaf</p> 	<p>High in antioxidants, Vitamins A, C, E, & foliate with good amounts of minerals and trace minerals. Antiseptic and tissue tightening. Blackberry leaf extract is an active multi-functional anti-aging ingredient in skincare.</p>	<p>\$7.95 x 50gms</p>
<p>Black Cohosh</p> 	<p>Helps with period pain, Menopausal problems, Inflammatory conditions and depression.</p>	<p>\$7.95 x 50gms</p>
<p>Black Chia Seed</p> 	<p>The Chia seeds have a nutty flavour and are able to absorb high levels of water to form a gel. In the stomach this slows down carbohydrate absorption to keep you feeling fuller for longer. The gel soothes heartburn and calms the stomach and regulates the bowel, and is also wonderful in relieving itchy skin, eczema, puritus and for skin moisturisation.</p>	<p>\$5.50 x 50gms</p>
<p>Black Cumin Seed</p> 	<p>The Black Cumin Seeds are peppery, spicy and a little hot and may be used in cooking and as a tea, capsule, tincture, infused oil etc. great for skin, stomach, kidneys, liver, circulatory and immune system and to maintain and improve overall health.</p>	<p>\$6.95 x 50gms</p>
<p>Black Pepper Whole & Black Pepper Powder</p> 	<p>Improves the digestive function in cases of nausea, stomach ache, flatulence, bloating, constipation or lack of appetite. Pepper is very, very warming to the body and the essential oil is very helpful with circulation. It can also lower body temperature so is useful for reducing fevers.</p>	<p>Whole - \$6.95 Powder - \$8.95 x 50gms</p>
<p>Black Walnut Powder</p> 	<p>Lowers cholesterol levels and promotes the clearance of waste products by the liver. Has a very positive effect in treating intestinal worms and is also anti-microbial and a kidney tonic.</p>	<p>\$9.95 x 50gms</p>







<p>Bladderwrack Cut & Bladderwrack Powder</p> 	<p>High in minerals, especially iodine. An immune stimulant, recommended as an anti-goitre remedy. Useful in rheumatic conditions. Excellent for weight loss.</p>	<p>Cut - \$7.95 Powder - \$9.95 x 50gms</p>
<p>Blood-Root Powder</p> 	<p>A strong expectorant with antiseptic and local anaesthetic properties. Promotes coughing and clearing of mucus. Good for asthma and whooping cough. Excellent in ointments for fungal and viral skin conditions. Caution: Toxic in excess.</p>	<p>\$18.95 x 50gms</p>
<p>Blue Cohosh Root</p> 	<p>A strong medicinal herb, which should only be used with the advice of an experienced herbalist. A strong uterine stimulant used to promote blood flow to the uterus and to assist during later stages of labour.</p>	<p>\$6.50 x 50gms</p>
<p>Brewer's Yeast</p> 	<p>Used in brewing, baking, wine making, alcohol, and glycerine etc. Brewer's yeast is a natural protein-vitamin and amino acid source. Easily digested and assimilated by the body. High in B vitamins, vitamin D2 and minerals. It strengthens immune function, reduces toxic elements from the body, improves appetite and improves digestion, cleanses the skin and strengthens hair and nails.</p>	<p>\$5.95 x 50gms</p>
<p>Broccoli Powder</p> 	<p>Broccoli is a powerful antioxidant. It naturally contains phytochemical called glucoraphanin, a precursor of sulforaphane that has many health benefits in human bodies. Some known and studied health benefits are: cholesterol reduction, reducing allergy reaction and inflammation, bone health, heart health, detoxification and alkalizing your body.</p>	<p>\$10.95 x 50gms</p>
<p>Brindleberry</p> 	<p>Also known as GarciniaCambogia, this herb is well known for assisting weight loss by suppressing the appetite and reducing the body's ability to form fat. Helpful for treating ulcers of the stomach, lowering blood cholesterol, sugar and diarrhea. Helps ovulation and irregular menstruation, hair loss, helps conception and infertility issues. Use under professional advice.</p>	<p>\$12.95 x 50gms</p>


<p>Buchu</p> 	<p>Used as a general stimulant and diuretic. Effective for acute cystitis and helpful as preventative for same. Also for prostate and irritable bladder.</p>	<p>\$7.50 x 50gms</p>
<p>Burdock Root & Burdock Powder</p> 	<p>One of the foremost detoxifying herbs. Excellent for throat problems, boils, chronic skin problems and is especially effective for acne, and helpful for eczema and psoriasis, helping the body to eliminate waste products. Also good for arthritis</p>	<p>Root - \$7.95 Powder - \$10.95 x 50gms</p>
<p>Calendula Flowers</p> 	<p>The great skin remedy, useful for all broken and damaged tissue. Good to treat acne, varicose veins, nappy rash, cradle cap and cracked nipples. Also good for digestive disorders.</p>	<p>\$9.95 x 50gms</p>
<p>Carraway Seeds</p> 	<p>A culinary herb used for breads, savouries, cabbage dishes. Eases colic and wind problems and is useful for bronchial asthma and period pain. Increases milk in nursing mothers. Also for laryngitis.</p>	<p>\$5.70 x 50gms</p>
<p>Carrot Powder</p> 	<p>A rich source of beta-carotene a precursor of vitamin A. very beneficial for skin and mucous membranes. May be added to smoothies, or infused in oils to add to creams, lotions and ointments.</p>	<p>\$11.50 x 50gms</p>
<p>Cascara Sagrada Bark & Cascara Sagrada Powder</p> 	<p>Used as a laxative as it stimulates digestion. Reduces liver congestion and stimulates bile flow and appetite. Promotes urination, prevents stone formation and resolves toxins.</p>	<p>Bark - \$9.95 Powder - \$12.95 x 50gms</p>







<p>Casserole Blend</p> 	<p>A blend of popular culinary herbs to give flavour and body to casseroles, stews and soups.</p>	<p>\$9.50 x 50gms</p>
<p>Cassia Powder</p> 	<p>A close relative of cinnamon, this is the form that most people use as cinnamon, but is not the true sweet cinnamon. A warming, stimulant that assists colds, flu and digestive problems.</p>	<p>\$7.50 x 50gms</p>
<p>Cats Claw Powder</p> 	<p>An effective herbal antibiotic, stimulates the immune system, has a history of healing many serious and chronic medical conditions. Used for arthritis, ulcers, asthma, tumours, aids, cancer and more.</p>	<p>\$17.95 x 50gms</p>
<p>Catnip</p> 	<p>Settles the stomach, reduces colic and fevers and is great to treat colds and flu's for kids. Useful for headaches relating to digestive problems. Cat's marijuana as cats love this herb.</p>	<p>\$9.95 x 50gms</p>
<p>Cayenne Powder</p> 	<p>Regulates blood flow, strengthens heart, arteries, capillaries and nerves. Great for cold hands and feet, Chilblains, stomach ulcers and general debility. A general tonic for the whole system.</p>	<p>\$6.95 x 50gms</p>
<p>Cayenne Powder (Bird's Eye Chilli)</p> 	<p>This variety is super-hot. 70,000 heat units. A warming, circulatory system herb that stimulates our natural defense system. One of the best heart tonics, toning and strengthening the heart, stimulates the digestion and helps congestion and constipation.</p>	<p>\$12.50 x 50gms</p>
<p>Celery Seed Whole & Celery Seed Powder</p> 	<p>Used for treating rheumatic conditions and gout. Helps the kidney dispose of urates and reduces acidity in the body, improves the circulation of blood to muscles and joints</p>	<p>Whole - \$4.95 Powder - \$6.95 x 50gms</p>







<p>Chaparral Leaf Powder</p> 	<p>Chaparral was once drunk by desert tribes as a cure-all. It contains a potent anti-oxidant that until the late 1960's was used by the food industry to prevent rancidity in fats and oils. It has antibiotic, antifungal and anti-tumour effects.</p>	<p>\$11.50 x 50gms</p>
<p>Chervil</p> 	<p>A good remedy to purify blood to help lower blood pressure and for settling digestion. Also lovely as a flavouring herb in cooking.</p>	<p>\$5.95 x 50gms</p>
<p>Chicory Root</p> 	<p>Roasted, the root makes an excellent coffee substitute. An effective bitter tonic for the liver and digestive tract, supporting the action of the stomach and liver and cleansing the urinary tract. Also helpful for gout and rheumatic complaints.</p>	<p>\$10.95 x 50gms</p>
<p>Chickweed</p> 	<p>Used for all skin problems. Treats cysts, fibroids and tumours when used over extended periods. Great herb for skincare and for treating eczema and psoriasis.</p>	<p>\$7.50 x 50gms</p>
<p>Chlorella</p> 	<p>Studies have shown that Chlorella assists you with: the detoxification of heavy metals, pesticides and other toxins. Prevention of bacteria, fungi, body odour and constipation. It detoxifies and protects the liver, normalizes blood sugar, blood pressure, and insulin levels.</p>	<p>\$17.95 x 50gms</p>
<p>Chlorophyll</p> 	<p>Chlorophyll strengthens membranes of body cells, also stimulates production of connective tissue. Effective treatment for ulcerative conditions, open wounds and internal infections. It eliminates toxins from the body. Chlorophyll contains vitamin K, for blood clotting. Great for women with heavy menstrual bleeding.</p>	<p>\$12.95 x 50gms</p>
<p>Cinnamon Quills, Cinnamon Powder & Cinnamon Bark Tea</p> 	<p>Powerful antiseptic. Kills the microorganisms that cause botulism and staph infections. Has activity against germs that may cause T.B. It stimulates the circulation, helps clear congestion of all kinds and raises vitality. Effective for colds and flu's when used in the early stages. Suppresses the cause of most urinary tract infections and fungus (yeast infections).</p>	<p>Quills - \$6.95 Powder - \$10.95 Tea - \$6.95 x 50gms</p>







<p>Cleavers</p> 	<p>A valuable diuretic, helpful for skin conditions. Excellent for weight loss and the lymphatic system.</p>	<p>\$7.95 x 50gms</p>
<p>Cloves Whole & Cloves Ground</p> 	<p>Helpful for toothaches and pain. Has many uses in cooking and craftwork. An effective anti-parasitic.</p>	<p>Whole - \$7.95 Ground - \$10.50 x 50gms</p>
<p>Cocoa Powder</p> 	<p>This powder is not only better tasting than non-organic cocoa but contains extremely high antioxidant levels, which are better absorbed, improving digestion and helping to elevate mood and depression.</p>	<p>\$4.95 x 50gms</p>
<p>Coffee (Plunger)</p> 	<p>Coffee's best known medicinal action is as a stimulant, thanks to its high caffeine content. This alkaloid stimulates the central nervous system and increases hearty rate (which in turn speeds blood flow through the kidneys, so has a mild diuretic action). As a home remedy, coffee stimulates digestion and increases gastrointestinal activity.</p>	<p>\$4.95 x 50gms</p>
<p>Colts Foot Leaves</p> 	<p>A very old remedy for coughs, colds and bronchial congestion, helping to dilate the bronchioles and expel mucus. Excellent for asthma and lung health.</p>	<p>\$7.50 x 50gms</p>
<p>Comfrey Root & Comfrey Powder</p> 	<p>For healing wounds, skin and skin problems. Used for drawing out foreign bodies, boils and abscesses. Repairs damaged tissue.</p>	<p>Root - \$9.95 Powder - \$13.50 x 50gms</p>
<p>Copal Gum Resin</p>  <p style="text-align: center; font-size: small;">COPAL</p>	<p>An important gum for purification and creating incense. May be burned on charcoal for purifying the air and clearing of negativity. A very sacred gum/resin.</p>	<p>\$8.50 x 50gms</p>







<p>Coriander Seed Whole, Coriander Powder & Coriander Leaf</p> 	<p>Much loved spice. Excellent for flatulence, gut spasms and nervous tension. Sweetens the breath. Traditionally also an aphrodisiac.</p>	<p>Whole - \$5.95 Powder - \$6.50 Leaf - \$4.95 x 50gms</p>
<p>Cornsilk</p> 	<p>Helpful for painful urination and for kidney problems.</p>	<p>\$7.95 x 50gms</p>
<p>Cumin Seed Whole & Cumin Seed Powder</p> 	<p>A popular spice. Especially for curries and pickles. Medicinally used for illnesses of the digestive system and for chest conditions.</p>	<p>Whole - \$5.50 Powder - \$6.50 x 50gms</p>
<p>Cranberries Whole</p> 	<p>Specific for the urinary tract, bladder infections and cystitis. Good source of vitamin C, potassium and many other nutrients. Inhibits growth of yeast, has antioxidant effect, 10 times greater than vitamin E.</p>	<p>\$4.95 x 50gms</p>
<p>Damiana Leaf</p>  <p><small>www.shutterstock.com - 61616500</small></p>	<p>This is the tonic and restorative for the nervous system, and an aphrodisiac for both sexes.</p>	<p>\$12.50 x 50gms</p>
<p>Dandelion Root & Dandelion Powder</p> 	<p>A major liver herb with the ability to clear obstructions and stimulate the liver to detoxify. Dandelion contains all the nutrient salts that the body requires to purify the blood. It promotes a healthy circulation, strengthens weak arteries, cleanses skin and restores the gastric balance.</p>	<p>Root - \$10.95 Powder - \$12.95 x 50gms</p>







<p>Devils Claw Root & Devils Claw Powder</p> 	<p>This amazing plant has been proven with extensive experiments to have healing powers in arthritis, liver, kidney and bladder disease. It cleanses deep into the muscles and tissue walls and expels toxic impurities. Helps hardened vascular walls to become elastic again.</p>	<p>Root - \$14.50 Powder - \$16.50 x 50gms</p>
<p>Diatomaceous Earth</p> 	<p>Diatomaceous earth has a great absorption power and can absorb up to 4 times its weight in water. It is used by many natural farmers around the world as a safe natural and effective anti-parasitic powder. It may be added to animal feeds or as part of a formula to help control parasites. It may also be added to dried powdered herbs to create your own flea powders for household pets.</p>	<p>\$4.95 x 50gms</p>
<p>Dill Seed</p> 	<p>A popular herb, Great cooked with cabbage, carrot, Brussel sprouts etc. Boiled for tea, it is excellent for colic (babies and adults) for wind, flatulence and digestive upsets. Very calming.</p>	<p>\$4.95 x 50gms</p>
<p>Dong Quai</p> 	<p>Regulates hormonal system and stimulates menstrual bleeding.</p>	<p>\$9.50 x 50gms</p>
<p>Dragons Blood Resin</p> 	<p>The sap is antiseptic and very healing to wounds, preventing infection and allowing skin tissue to heal. The sap was painted onto wounds, forms a crust at wound site. Regenerates skin cells by assisting collagen formation and is most useful for damaged tissue, acne, eczema, psoriasis, burns and general regeneration.</p>	<p>\$19.95 x 50gms</p>
<p>Echinacea Root & Echinacea Powder</p> 	<p>Helpful to chronic infections, such as post viral fatigue syndrome (M.E). It is also good for colds, flu's, skin disorders and respiratory problems. Effective throat gargle, use at first signs of illness. Combine with vitamin C to increase strength and effectiveness by 10 times.</p>	<p>Root - \$18.95 Powder - \$19.95 x 50gms</p>







<p>Elecampane</p> 	<p>A warming and tonic herb, very useful for chronic bronchitis, asthma and other chest problems. Gently stimulates the coughing up and clearing of mucous. Soothes the bronchial tube linings and is warming to the lungs.</p>	<p>\$8.95 x 50gms</p>
<p>Elderberry Whole & Elderberry Leaf</p> 	<p>Elder is able to detoxify the cells of the body from toxic waste. It increases blood circulation and promotes sweating and will bring down fever when needed. An excellent blood purifier and cell cleanser, elder helps lung congestion and asthma and works well when combined with mullein.</p>	<p>Whole - \$13.50 Leaf - \$5.60 x 50gms</p>
<p>Elderflowers</p> 	<p>Valuable for flu's, colds and chesty conditions. Helps reduce fevers. Take before hay fever season to treat hay fever. Great skin herb.</p>	<p>\$15.95 x 50gms</p>
<p>English Breakfast Tea</p> 	<p>Taste the flavour difference of an organic English breakfast tea. A warming full flavoured tea that is excellent for fatigue.</p>	<p>\$4.95 x 50gms</p>
<p>Eyebright Cut & Eyebright Powder</p> 	<p>Treats infectious and allergic conditions affecting the eyes, middle ear, sinus and nasal passages.</p>	<p>Cut - \$8.50 Powder - \$9.95 x 50gms</p>
<p>Fennel Seed</p> 	<p>A lovely culinary herb for breads and cabbage dishes etc. Relieves bloating, settles the stomach and helps treat kidney stones. Safe for children and is given for colic and painful teething problems. Increases breast milk and is used as an aid to lose weight.</p>	<p>\$5.95 x 50gms</p>

<p>Fenugreek Seed & Fenugreek Powder</p> 	<p>Strengthens heart function. Has relaxing actions. Is antispasmodic and sedative but does not have drowsy effect.</p>	<p>Seed - \$6.95 Powder - \$6.95 x 50gms</p>
<p>Flax Seed</p> 	<p>Also known as Linseed, rich in mucilage and unsaturated fats. They absorb fluid and swell forming a gel that acts as an effective laxative. The gel has cosmetic uses, providing essential fatty acids and soothing skin irritations. Beneficial as a tea for the urinary tract.</p>	<p>\$1.95 x 50gms</p>
<p>Fo-Ti-Teng Powder</p> 	<p>The Vitamin X! Fo-Ti-Teng has marked energizing and rejuvenating effects on the nervous system, brain and endocrine glands.</p>	<p>\$10.95 x 50gms</p>
<p>Frankincense Granules</p> 	<p>Makes a great Inhalation for respiratory complaints. Eases anxiety and tension and is very purifying in its actions.</p>	<p>\$13.95 x 50gms</p>
<p>Galangal Powder</p> 	<p>A member of the Ginger family, Galangal is warming and comforting to the digestive system. An important spice in cooking. Helpful for stomach pain, indigestion, ulcers and with other antifungal herbs is excellent for candida. Antibacterial and antifungal.</p>	<p>\$10.95 x 50gms</p>
<p>Garam Masala Powder</p> 	<p>A most popular kitchen spice used in a wide variety of culinary dishes.</p>	<p>\$4.50 x 50gms</p>







<p>Garlic Flakes & Garlic Powder</p> 	<p>Clinical trials confirm that garlic reduces blood lipid (fat) levels and lowers blood pressure. It prevents circulatory problems and strokes by keeping the blood thin. Lowers cholesterol and rids the body of parasites.</p>	<p>Flakes - \$5.95 Powder - \$6.95 x 50gms</p>
<p>Gaurana Powder</p> 	<p>Works as a whole body rejuvenator. Gives the whole body a good release of energy and vitality and is helpful for bronchial problems, depression, fatigue, and to improve stamina</p>	<p>\$11.50 x 50gms</p>
<p>Gentian Root Powder</p> 	<p>Stimulates the digestive system, helps problems such as wind, indigestion, poor appetite. Stomach secretions are improved which helps increase the absorption of nutrients. Helpful when deficient in iron.</p>	<p>\$10.95 x 50gms</p>
<p>Ginger Powder</p> 	<p>Stimulates circulation, acts as a carrier when taking vitamin and mineral supplements. Treats digestive complaints, indigestion, nausea, colic, wind, relieves travel sickness symptoms and beneficial to intestinal infections. Helps high blood pressure and induces sweats, reduces fever and great for coughs, colds and flu's.</p>	<p>\$7.95 x 50gms</p>
<p>Ginkgo Leaf</p> 	<p>Improves circulation, especially to the brain. Great for concentration and memory improvement. Not suitable with blood thinning medication.</p>	<p>\$8.95 x 50gms</p>
<p>Siberian Ginseng Root & Siberian Ginseng Powder</p> 	<p>Great life enhancing tonic. Useful for those coping with stressful events. Strengthening and stimulating for young and elderly people and tonic for those weakened by illness or age. Take up to six weeks at a time.</p>	<p>Root - \$9.95 Powder - \$12.95 x 50gms</p>






<p>Glucosamine Sulphate</p> 	<p>A natural chemical derived from sugars. It is an essential component of cartilage. It appears that the body produces less Glucosamine sulphate with age. Many athletes use Glucosamine supplements to help overcome damage to cartilage structure of weight – bearing joints. This is most important for gymnasts, ballet dancers and long distance runners. Extra Glucosamine offers a degree of protection against degenerative damage, as well as being effective for pain reduction, which improves mobility.</p>	<p>\$12.95 x 50gms</p>
<p>Golden Rod</p> 	<p>An excellent antioxidant, diuretic and astringent herb, useful for urinary tract problems, cystitis and kidney flushing. Effective against the candida fungus for throat and nasal catarrh. Very antifungal.</p>	<p>\$6.95 x 50gms</p>
<p>Gotu Kola Leaf & Gotu Kola Powder</p> 	<p>The tonic for the brain. Gotu kola has a standing reputation as a rejuvenator, of brain cells, improving concentration and memory. Also helps digestion and poor venous circulation. Excellent for the skin.</p>	<p>Leaf - \$8.95 Powder - \$9.95 x 50gms</p>
<p>Gravel Root</p> 	<p>This is a dissolver of stones and sediment, good for urinary and kidney problems.</p>	<p>\$12.50 x 50gms</p>
<p>Graviola Powder</p> 	<p>Much research is being conducted on Graviola, which shows that it has significant anti-tumorous and anti-cancerous properties without harming healthy cells. An important ingredient in the famous black salve. Research to date shows that “Graviola is a cancer fighting machine”</p>	<p>\$12.95 x 50gms</p>
<p>Green Chai Tea</p> 	<p>A most vitalizing blend of aniseed, caraway, ginger, Liquorice, cloves, green tea, cinnamon cardamom and pepper. This delicious organic mix is rich in anti-oxidants and is helpful in assisting with weight loss.</p>	<p>\$12.50 x 50gms</p>






<p>Green Rooibos Tea</p> 	<p>The difference between the red and the green rooibos tea is that the green form is unfermented and therefore has a much higher antioxidant level. Studies have shown that certain compounds in rooibos are able to cross through the skin, to treat and prevent wrinkles and to inhibit skin tumour formation. It was shown to assist hair growth. In Africa where this herb is grown, rooibos is considered to have multiple healing properties when taken regularly.</p>	<p>\$8.95 x 50gms</p>
<p>Green Tea</p> 	<p>Green teas are made from unfermented leaves. This lack of fermentation allows the tea to retain its enzymes and a higher level of essential oils and anti-oxidants. Very good for immune health, being a highly therapeutic tea.</p>	<p>\$7.95 x 50gms</p>
<p>Gymnema Leaf</p> 	<p>An excellent herb for diabetics, being most helpful for the digestive and glandular system. Research shows good results on nourishing and normalizing the pancreas, assisting diabetes, obesity and glandular problems. Best as capsules.</p>	<p>\$6.50 x 50gms</p>
<p>Hawthorn Berry & Hawthorn Powder</p> 	<p>Treats angina and coronary artery disease and increases blood flow to the heart. Restores high or low blood pressure.</p>	<p>Berry - \$8.95 Powder - \$12.95 x 50gms</p>
<p>Hibiscus Flower</p> 	<p>These red flowers make a beautiful red lemon like, tart and most refreshing tea that is also very popular as an iced tea. High in vitamin C, citric and malic acids as well as tartaric and hibiscus acids. It cools the body and nourishes and soothes the tissues. It also helps the body eliminate excess fluids and fight infections.</p>	<p>\$8.95 x 50gms</p>
<p>Holy Basil (Tulsi)</p> 	<p>A well respected Ayurveda herb that is effective in the treatment of coughs, colds, sore throats, respiratory disorders like bronchitis, asthma etc. Tulsi strengthens the kidneys and is beneficial in cardiac weakness and disease. Reduces blood cholesterol and is helpful for skin diseases and mouth infections. Good in tooth powders to treat pyorrhoea and gum problems.</p>	<p>\$6.95 x 50gms</p>



<p>Hops</p> 	<p>Cleanses the blood and veins of gravel and provokes urine. Rich in vitamin B complex. Contains Magnesium, Zinc, Copper Iodine, Manganese, Iron. In tincture form it is helpful for bedwetting in children and incontinence in elderly people and dogs.</p>	<p>\$6.95 PER BAG</p>
<p>Horehound White</p> 	<p>Used as a bitter stimulant, but mainly for its most effective properties as an expectorant herb. Excellent for thickened hard mucous in the lung area.</p>	<p>\$5.95 x 50gms</p>
<p>Horny Goat Weed</p> 	<p>This herb has a testosterone building effect and it stimulates sexual activity in men, increases sperm production, sexual desire, libido and sensory nerves. A great aphrodisiac. It also alleviates fatigue adrenal exhaustion and stress and is used for disorders of the kidneys, liver, joints, impotence and back pain.</p>	<p>\$10.95 x 50gms</p>
<p>Horseradish Powder</p> 	<p>Stimulant and antibiotic. Effective for sinus relief, and one of the most potent diuretics available. Useful to flush the body of unwanted fluid retention. Has pain relieving and heat producing qualities.</p>	<p>\$5.95 x 50gms</p>
<p>Horsetail Cut & Horsetail Powder</p> 	<p>Silica rich, excellent for the immune system, and for skin, hair and nails.</p>	<p>Cut - \$8.50 Powder - \$9.95 x 50gms</p>
<p>Horsechestnut Root & Horsechestnut Powder</p> 	<p>A most effective herb to strengthen the veins, stimulate circulation and promote support of cardiac function, blood flow, ringing in the ears (tinnitus) and for a more active balance of heart and circulation stress, low and high blood pressure, circulatory disturbances in feet and legs, varicose veins, dizziness and as a supportive herb for fatigue, overweight, immobility and for acute and chronic kidney or bladder diseases.</p>	<p>Root - \$9.95 Powder - \$12.95 x 50gms</p>

<p>Hydrangea Root</p> 	<p>It contains alkaloids that act like cortisone to provide pain relief. A cleansing herb for preventing gravel deposits. It helps relieve the pain when gravel passes from the kidneys to the bladder. Gravel root prevents and breaks up gravel deposits.</p>	<p>\$10.95 x 50gms</p>
<p>Hypericum (ST JOHNS WORT)</p> 	<p>Strongly anti-viral, good for tension, anxiety, insomnia and for easing menopausal problems. Excellent for mild to moderate depression.</p>	<p>\$8.95 x 50gms</p>
<p>Hyssop Leaf</p> 	<p>Calming and tonic herb, expectorant, treats bronchitis and respiratory infections, where there is mucous. Soothes digestive tract, helpful for asthma in children and adults, encourages speedy recovery. A powerful natural antibiotic.</p>	<p>\$6.50 x 50gms</p>
<p>Irish Moss Powder & Irish Moss Root</p> 	<p>A traditional herbal medicine, used mainly in respiratory illness to treat irritating coughs, bronchitis and other lung problems. Very helpful for digestive conditions such as gastritis and ulceration of the stomach and duodenum. It soothes inflammations of the urinary system and speeds recuperation from illnesses like T.B and pneumonia.</p>	<p>Powder - \$10.95 Root - \$8.95 x 50gms</p>
<p>Italian Herb Blend</p> 	<p>Great for culinary dishes, especially pastas and sauces etc.</p>	<p>\$8.95 x 50gms</p>
<p>Juniper Berries</p> 	<p>Good for urinary tract infections and for male prostate problems. Adds flavour to cabbage dishes and sauerkraut.</p>	<p>\$6.50 x 50gms</p>







<p>Kava Powder</p> 	<p>A proven remedy for anxiety and pain, but leaves the mind clear. A powerful analgesic. Do not use when using heavy machinery or driving a vehicle.</p>	<p>\$10.95 x 50gms</p>
<p>Kelp Powder</p> 	<p>Nature's greatest vitamin and mineral source! Improves energy and vitality, helps weight loss. CAUTION: do not use if taking thyroid medication.</p>	<p>\$6.95 x 50gms</p>
<p>Kola Nut</p> 	<p>Used for its digestive tonic and aphrodisiac properties. It stimulates the central nervous system and body as a whole. It increases alertness and muscular strength. Used as an antidepressant, it counters lethargic conditions. Can also be used to treat headaches and migraines.</p>	<p>\$7.50 x 50gms</p>
<p>Lady's Mantle</p> 	<p>Infused tea reduces vaginal itching- aids birthing, regulates menstruation and eases menopause. Good for acne, sore skin and inflamed eyes.</p>	<p>\$6.95 x 50gms</p>
<p>Lavender Flowers</p> 	<p>Has a great soothing and calming effect on the body and mind. Much loved for craftwork.</p>	<p>\$8.95 x 50gms</p>
<p>Lemongrass Leaves & Lemongrass Powder</p> 	<p>Taken as a tea, it is used to remedy digestive problems. It relaxes the muscles of the stomach and gut. Relieves cramping pains and flatulence and is suitable for children. Reduces fever.</p>	<p>Leaves - \$8.95 Powder - \$10.50 x 50gms</p>







<p>Lemon Pepper</p> 	<p>Excellent for all culinary dishes that use pepper. Most flavoursome for barbeque food and for salad dishes.</p>	<p>\$5.95 x 50gms</p>
<p>Lemon Peel Powder</p> 	<p>Very high in bioflavonoids and vitamin C which strengthens the vein walls. Good for weak capillaries and varicose veins. High in vitamins, is antiseptic, antibacterial and a powerful antioxidant. Use in tooth powders for bleeding gums, for skincare products to treat acne, athletes foot, ringworm etc and to improve the circulation.</p>	<p>\$10.95 x 50gms</p>
<p>Lemon Tea Tree</p> 	<p>This herb is strongly aromatic and lemon flavoured naturally. Very high in vitamin C and excellent for coughs, colds and respiratory problems. Also helpful for Candida and urinary complaints. May be infused into an oil to treat acne, ringworm, athlete's foot and to deter insects.</p>	<p>\$11.50 x 50gms</p>
<p>Lemon Verbena</p> 	<p>Very high in vitamins A, B and C, valuable for settling upset tummy, for coughs and colds, for fatigue and to cleanse the body. It promotes restful sleep and helps prevent tooth decay. Only a few leaves are required for a delicious herbal tea.</p>	<p>\$10.95 PER BAG</p>
<p>Lime/Linden Flowers</p> 	<p>The flavonoids improve circulation, relieves tension and sinus headaches, helps calm the mind and allow easy sleep. Excellent for stress and panic. And for nervous palpitations. Reduces nasal catarrh, colds and flu.</p>	<p>\$17.95 x 50gms</p>
<p>Liquorice Root & Liquorice Powder</p> 	<p>Contains vitamins - A, B1, B2, B5, B6, B9 and E. Minerals - calcium, iron, magnesium, manganese, potassium, phosphorus, chromium, selenium, silica and zinc. Research shows it beneficial for chronic fatigue and low blood pressure and as an expectorant and cough suppressant.</p>	<p>Root - \$9.50 Powder - \$12.95 x 50gms</p>







<p>Maca Powder</p> 	<p>The herb for the hormonal system. Maca contains high amounts of vitamins, all the essential amino acids, enzymes and nearly 60 phytochemicals. It promotes optimal functioning of the hypothalamus and pituitary glands. Treats menopausal symptoms such as hot flushes, vaginal dryness and depression, and it is used as an alternative to HRT.</p>	<p>\$12.95 x 50gms</p>
<p>Marjoram Leaf</p> 	<p>A must in all kitchens. Also used for colds and flu's, having antiseptic properties. Good mouthwash for mouth and throat. For tension headaches and muscular pain. Also available as an essential oil.</p>	<p>\$7.95 x 50gms</p>
<p>Marshmallow Root & Marshmallow Powder</p> 	<p>Used for intestinal problems, gastric, peptic ulcers and irritable bowel syndrome. Has soothing actions. Provides relief for dry coughs, bronchial and asthma conditions. Mouthwash for inflammation. An excellent skincare herb to sooth and nourish the skin.</p>	<p>Root - \$10.95 Powder - \$14.95 x 50gms</p>
<p>Mate Tea</p> 	<p>A smooth and woody tasting tea which stimulates the mind, cleanses the blood and decreases the appetite. It helps cleanse the body of wastes without harming beneficial intestinal flora. It also delays the build-up of uric acid after workouts or exercise. Mate contains caffeine; however its tannins tend to bind with the caffeine, thereby reducing its effects and does not interfere with sleep. Mate tea's saponins and tannin content make it useful as a wash for cleansing wounds.</p>	<p>\$6.90 x 50gms</p>
<p>Meadowsweet Cut</p> 	<p>Salicylic acid was first isolated from this plant to make aspirin but unlike aspirin it does not cause gastric ulceration, but protects the inner lining of the stomach and intestines, whilst providing an effective anti-inflammatory response for painful arthritic and rheumatic problems.</p>	<p>\$6.50 x 50gms</p>







<p>Milk Thistle Seed & Milk Thistle Leaf</p> 	<p>Increases the secretion and flow of bile from the liver and gall-bladder functions. Protects liver. Excellent for breastfeeding mothers. Promotes milk flow, very safe herb.</p>	<p>Seed - \$6.95 Leaf - \$12.95 x 50gms</p>
<p>Mistletoe</p> 	<p>Is used to lower blood pressure and heart rate. Eases anxiety and promotes sleep. Helps to treat headaches and relieve symptoms of panic attacks.</p>	<p>\$6.95 x 50gms</p>
<p>Mock Orris Root</p> 	<p>Made from cellulose – this chip is used for the creation of potpourri, holding fragrance within. It does not powder the potpourri like Orris Root Powder does.</p>	<p>\$8.95 x 50gms</p>
<p>Motherwort</p> 	<p>Strengthens heart functions. Has relaxing actions. Is antispasmodic and sedative but does not have drowsy effect.</p>	<p>\$6.95 x 50gms</p>
<p>Mullein Cut</p> 	<p>Used as an expectorant. Treats coughs, colds and catarrh. Specific treatment for tracheid's and bronchitis. Use externally for ear infections and haemorrhoids. Great wound healer.</p>	<p>\$6.95 x 50gms</p>
<p>Mugwort Leaf</p> 	<p>May be taken long term to improve digestion function and absorption of nutrients. Also encourages elimination of worms. Also antiseptic and used to treat malaria.</p>	<p>\$8.95 x 50gms</p>
<p>Mustard Seed & Mustard Seed Powder</p> 	<p>Mainly used in cooking. Mustard powder is most effective when used as a footbath for colds, flu, fever and headaches. Also useful as a poultice for the respiratory system and for chronic degenerative diseases affecting the joints and soft tissues. If using as a poultice always apply an oil layer to the skin first. Not to be used for children.</p>	<p>Seed - \$4.50 Powder- \$6.50 x 50gms</p>








<p>M.S.M Powder</p> 	<p>Relieves inflammation, dilates blood vessels and increases blood flow, helps restore normal bowel activity, reduces muscle spasms, reduces scar tissue, anti-parasitic, helps rheumatoid arthritis , lupus, scleroderma, allergies, muscle problems, asthma, carpal tunnel, emphysema, fibromyalgia, osteoporosis, acne, pain, cell vitality, connective tissue and joint flexibility, hair, skin and nail improvement and much more.</p>	<p>\$7.95 x 50gms</p>
<p>Myrrh Gum Resin & Myrrh Gum Powder</p> 	<p>One of the most famous and ancient substances used for preventing decay, reversing the aging process and rejuvenating body and mind. It works specifically on the blood and female reproductive system. Myrrh processes true tonic, stimulant and rejuvenate powers along with strong detoxifying effects. Good also for the female reproductive system. Take as capsules, three times daily.</p>	<p>Resin - \$12.95 Powder - \$14.50 x 50gms</p>
<p>Neem Leaf & Neem Powder</p> 	<p>An excellent antiseptic and tonic herb, effective for expelling parasites from the body and especially for head lice in children. When used topically, as a non-toxic pesticide, Neem's compounds destroy bacteria and over 200 insect species, including mites and lice.</p>	<p>Leaf – 9.95 Powder – 12.95 x 50gms</p>
<p>Nettle Leaf</p> 	<p>Rich in vitamins and minerals, richer than spinach. May be used as a tea or vegetable. Cleansing and detoxifying, increases urine and elimination of waste products. Excellent for eczema and arthritic problems. An excellent anti-histamine.</p>	<p>\$7.95 x 50gms</p>
<p>Noni Berry</p> 	<p>Noni has shown to be anti-biotic, anti-inflammatory and an effective pain killer. It can also help to normalize blood pressure and cholesterol levels.</p>	<p>\$9.90 x 50gms</p>
<p>Nutmeg Whole</p> 	<p>Popular as a food spice. Nutmeg stimulates digestion and is helpful for eczema and rheumatic pain, when added to creams and ointments. Considered to increase sexual stamina.</p>	<p>\$12.95 x 50gms</p>

<p>Oat Seed</p> 	<p>Raises energy levels, treats over stressed nervous systems, anti-depressant. Treats nervous debility, exhaustion and insomnia as a result of M.S or chronic neurological pain.</p>	<p>\$4.95 x 50gms</p>
<p>Oatstraw Tea</p> 	<p>Raises energy levels, treats over stressed nervous systems, anti-depressant. Treats nervous debility, exhaustion and insomnia as a result of M.S or chronic neurological pain.</p>	<p>\$8.95 x 50gms</p>
<p>Olive Leaf & Olive Leaf Powder</p> 	<p>One of the single most important herbs for the immune system and for chronic conditions. Olive improves circulation, kills harmful micro-organisms, dramatically improves energy levels, and relieves stress and tension. It contains vitamins A, B, C, D, E, K and the minerals calcium, iron, magnesium, potassium, phosphorus and zinc.</p>	<p>Leaf - \$10.95 Powder - \$13.90 x 50gms</p>
<p>Onion Flakes & Onion Powder</p> 	<p>Great culinary herb, but also having antibiotic, analgesic, anti-inflammatory, anti-rheumatic and expectorant properties. Offsets tendencies to angina and heart problems, oral infections and tooth decay.</p>	<p>Flakes - \$5.50 Powder - \$6.50 x 50gms</p>
<p>Orange Slices & Orange Powder</p> 	<p>Orange is helpful for constipation, for regulation of the lipid level in the blood, for lowering blood sugar in diabetes, for liver and gallbladder disorders. Orange helps anaemia and mineral imbalances, assists hair loss and skin problems.</p>	<p>Slices - \$6.95 Powder - \$7.50 x 50gms</p>
<p>Oregano Leaf</p> 	<p>A popular culinary herb, Oregano is much loved in Italian, and Mediterranean cooking. Medicinally, it is helpful for colds, asthma, coughing and general respiratory problems. Research suggests that it can prevent premature ageing of cells and can be used to combat 'free radicals' an excellent herb in geriatric cases. Do not use in quantity during pregnancy.</p>	<p>\$9.95 x 50gms</p>







<p>Orris Root Powder</p> 	<p>Use as a fixative to scent pot pourri's etc.</p>	<p>\$10.95 x 50gms</p>
<p>Parsley Leaf</p> 	<p>Well known for use in cooking and herbal tea. The leaves are highly nutritious and a natural vitamin and mineral supplement in their own right. They help to flush waste products from inflamed joints and relieve pain.</p>	<p>\$5.95 x 50gms</p>
<p>Passionflower Tea</p> 	<p>Contains serotonin and is best known as a remedy for insomnia and disturbed sleep patterns. Good for anxiety, tension, irritability, reduces nervous over activity. Also pain relieving.</p>	<p>\$12.95 x 50gms</p>
<p>Patchouli</p> 	<p>An excellent skincare herb that stimulates skin cell regeneration helps scarring and speeds healing of damaged skin. Helps control acne and is antibacterial and astringent. Soothing to dry chapped skin and regenerates aging skin. Use as tincture, glycerite, infused oil or hydrosol.</p>	<p>\$13.95 x 50gms</p>
<p>Pau d' Arco Tea & Pau d' Arco Powder</p> 	<p>Excellent for chronic fatigue and for the immune system. Powerfully effective against candida and fungal problems.</p>	<p>Tea - \$9.95 Powder - \$12.50 x 50gms</p>
<p>Pennyroyal Cut</p> 	<p>This herb helps to remove gas from the stomach. It can be taken as a tea or used as a hot foot bath a few days before menstruation to help suppressed blood flow. This is also useful in treating colds and flu. Penny royal has a strong minty smell and is used externally to repel insects such as fleas, flies, sand flies and mosquitoes. Caution: Do no use this herb during pregnancy.</p>	<p>\$4.95 x 50gms</p>







<p>Peppermint Cut</p> 	<p>Excellent for the digestive system, relaxes the gut muscles, reduces nausea, colic, pain and wind and soothes an irritable bowel. Helps diarrhoea and relieves spastic colon. Also relieves headaches and migraines. Also available as an essential oil.</p>	<p>\$8.95 x 50gms</p>
<p>Pimento Whole</p> 	<p>Used for culinary dishes. Also used as a digestive stimulant, as it relieves flatulence and indigestion. It helps to settle the stomach.</p>	<p>\$6.95 x 50gms</p>
<p>Pineapple Sage Leaf</p> 	<p>Wonderful rich pineapple flavour and great for herb teas and liquids and for flavouring culinary dishes.</p>	<p>\$7.95 PER BAG</p>
<p>Psyllium Husk</p> 	<p>An excellent intestine and colon cleanser. It lubricates and heals these areas without irritation. It strengthens the mucous membranes of the intestines and restores tones. Psyllium removes toxins and is most helpful when detoxing, highly recommended for sluggish bowel and constipation.</p>	<p>\$6.95 x 50gms</p>
<p>Plantain Leaf</p> 	<p>Plantain will neutralize the stomach acids and normalize all stomach secretions; it clears the ears and head of mucous. It neutralizes poisons and is very useful in treating chronic lung problems; even with children (as tea) plantain is helpful in treating all respiratory problems. Very healing with wounds when topically applied – also neutralizes itchy bites.</p>	<p>\$6.95 x 50gms</p>
<p>Poke Root Cut</p> 	<p>A powerfully effective herb for enlarged glands (lymph, spleen and thyroid), for hardening of the liver and reduced biliary flow. It stimulates metabolism, reduces inflammation and may be used to stimulate a sluggish glandular system. Also useful for weight reduction. Poke root contains steroid like properties similar to cortisone. Helpful in treating psoriasis and rheumatism. Externally it is used for acne, fungal infections, scabies and as a poultice for abscesses. Caution: Use with practitioner advice.</p>	<p>\$8.50 x 50gms</p>






<p>Poppy Seeds</p> 	<p>Excellent when infused in cold pressed oil for use in skincare and massage products. Popular in cooking and makes an effective exfoliating ingredient in scrubs, soaps etc.</p>	<p>\$4.50 x 50gms</p>
<p>Raspberry Leaf & Raspberry Powder</p> 	<p>One of the most renowned and proven herbs for woman, especially during pregnancy. It contains nutrients to strengthen the uterus wall, helps nausea, reduces the pain and eases childbirth and helps prevent haemorrhage. It helps enrich colostrum. The tea relieves painful menstruation and regulates it. Raspberry is good for children with colds, colic fever and diarrhoea.</p>	<p>Leaf - \$9.95 Powder - \$10.50 x 50gms</p>
<p>Red Bush Tea (Rooibos)</p> 	<p>A very safe tea considered safe for those suffering kidney problems or cardiac problems and for children. It has a pleasant sweet, sour, black- tea- like flavour. But NO caffeine. This rich red brew is high in vitamin C, minerals and antioxidants, it may also be used topically to relieve, acne, eczema, rashes and babies bottom rashes.</p>	<p>\$7.50 x 50gms</p>
<p>Red Raspberry Powder</p> 	<p>Used as a remedy for painful and profuse menstruation and as a tonic when you are pregnant. Also valued as an astringent treatment for diarrhoea, stomach ailments, colds, mouth sores and inflamed mucous membranes of the throat. CAUTION: Raspberry is a mild uterine stimulant, so pregnant women should only use in the last six weeks of pregnancy.</p>	<p>\$10.50 x 50gms</p>
<p>Red Clover</p> 	<p>An excellent blood purifier, often used during menopause for its oestrogenic effect. Used for skin conditions and for some types of cancer conditions.</p>	<p>\$8.95 x 50gms</p>
<p>Rehmannia</p> 	<p>A great liver herb and kidney tonic. Good for liver cleansing and for hormone balancing. Helpful for heavy blood loss and blood deficiency states, also helpful for blood pressure problems. Excellent herb for relieving arthritic pain. Useful in pain formulas.</p>	<p>\$9.95 x 50gms</p>






<p>Rhodiola (Rosewood)</p> 	<p>Research has shown that Rhodiola is the most effective treatment for colds and flus and has also shown to be effective for tuberculosis and cancer.</p>	<p>\$12.95 x 50gms</p>
<p>Rice Bran Powder</p> 	<p>Rice bran is the most nutrient dense whole food source on the planet. It is water-soluble, pre-digested and easily available to the body. It contains over 120 antioxidants; it protects cells from free radicals and is a super health food to assist against premature aging heart disease, cancer, stroke, diabetes, arthritis, osteoporosis, macular degeneration and cataracts.</p>	<p>\$6.50 x 50gms</p>
<p>Rice Bran Greens Powder</p> 	<p>Similar to the Rice Bran but also contains Kelp, Chlorella, Wheatgrass, Barley Grass, Spirulina and Alfalfa. For super super activity. May be capsulated, added to smoothies, food or used in skincare ingredients.</p>	<p>\$7.95 x 50gms</p>
<p>Roman Chamomile Tea</p> 	<p>Used for sleep, anxiety and pain. Excellent for children with sleep problems. High in calcium and vitamins.</p>	<p>\$9.50 x 50gms</p>
<p>Rosemary Leaf</p> 	<p>Great in cooking- powder may be used in stews, soups and for batters and coatings, adding great depth of flavour. Excellent for rheumatism-enhances coronary blood flow. Improves memory and concentration.</p>	<p>\$5.95 x 50gms</p>
<p>Rosehips Whole & Rosehips Powder</p> 	<p>Rosehips have a drying effect so is useful for: overactive bladder, bedwetting, diarrhoea, cough and colds, night sweats and high blood pressure and cholesterol. Lovely combined with hibiscus. High natural source of vitamin C.</p>	<p>Whole - \$8.95 Powder - \$9.90 x 50gms</p>
<p>Rose Petals Pink</p> 	<p>Dried rose petals, suitable for inclusion in herbal teas, infusing in oils, grinding to powder for scrubs, masks and other skincare ingredients.</p>	<p>\$12.95 x 50gms</p>







<p>Rue Leaf</p> 	<p>This is a very bitter herb that should only be used with full knowledge of its actions.</p>	<p>\$9.95 x 50gms</p>
<p>Sage Leaf</p> 	<p>Great for throats, gum problems, ulcers and as a gargle. A nerve tonic. For irregular periods. Reduces sweating and hot flushes. Used to treat asthma. Useful for weaning babies as it will dry up breast milk.</p>	<p>\$7.95 x 50gms</p>
<p>Sandalwood Powder</p> 	<p>A wonderful herb to cool and calm the entire body and mind, with its influence spreading throughout the circulatory, digestive, respiratory and nervous system. It relieves fever, thirst, stops sweating, and is good for almost any inflammatory conditions and for cleansing the blood. Externally the oil or paste can be used for most infections sores or ulcers. Excellent in mud packs, masks etc. if using internally, take in capsules.</p>	<p>\$12.50 x 50gms</p>
<p>Sarsparilla Root</p> 	<p>Tonic herb, excellent for men. Used for prostate and testosterone problems. Has aphrodisiac properties.</p>	<p>\$10.95 x 50gms</p>
<p>Saw Palmetto Berries & Saw Palmetto Powder</p> 	<p>An excellent tonic herb for general debility, for impotence, testicular atrophy and reduced or absent sex drive in men and women. Stimulates breast enlargement and has the ability to reduce enlarged prostate glands and to strengthen the neck of the bladder. Improves urine flow and cystitis.</p>	<p>Berry - \$10.50 Powder - \$14.50 x 50gms</p>
<p>Schisandra Berry</p> 	<p>A great tonic herb that acts throughout the body. It is strengthening to many different organs, and is a sexual stimulant for men and women. Treats the liver for hepatitis and poor liver function. Also good for coughs and respiratory ailments.</p>	<p>\$6.95 x 50gms</p>



<p>Senna Leaf & Senna Powder</p> 	<p>Traditionally used for constipation, as it has softening properties. Can also be used to help bronchitis, anaemia and jaundice.</p>	<p>Leaf - \$6.95 Powder - \$9.50 x 50gms</p>
<p>Shepherds Purse Cut</p> 	<p>DO NOT TAKE WHILST PREGNANT! Has anti-inflammatory actions and reduces fevers. Used where needed to staunch blood-flow of all kinds, from nosebleeds to blood in uterine. Astringent herb disinfects the urinary tract for cystitis.</p>	<p>\$6.95 x 50gms</p>
<p>Skullcap Tea</p> 	<p>Used as a tonic and sedative for the nerves in times of stress. Has a deeper action on the nervous system than any other herb. Treats insomnia and period pain and muscular tension.</p>	<p>\$10.95 x 50gms</p>
<p>Slippery Elm Powder</p> 	<p>For all stomach ulcers and bowel problems. Should be babies first food, where it will create a strong digestive system. A complete protein food for all ages.</p>	<p>\$12.95 x 50gms</p>
<p>Spearmint</p> 	<p>Great flavour and excellent for increasing the flow of digestive juices and bile. Reduces nausea, colic, pain and wind and soothes irritation of the bowel. A lovely herbal tea and culinary herb.</p>	<p>\$8.95 x 50gms</p>
<p>Spirulina Powder</p> 	<p>Spirulina contains almost all the nutrients required by the body. Very useful in weight control, its nutrients satisfy the hidden hunger the body craves which when it is not getting enough essential nutrition. Spirulina purifies and builds the blood to strengthen and nourish all the cells of the body. Helps teenagers under stress and not eating properly. Spirulina helps the body recover from acute or chronic disease.</p>	<p>\$12.50 x 50gms</p>

<p>Star Aniseed Whole</p> 	<p>Antibacterial properties. Used as a spice. Good for wind and colic, and can be used safely on children. Also used for toothache.</p>	<p>\$6.95 x 50gms</p>
<p>Stevia Leaf</p> 	<p>The natural alternative to sugar, stevia is 300 times sweeter than sugar and contains no calories. A safe product for diabetes. Stevia is a wonderful sweetener from plants that is also anti-fungal, anti-microbial and especially helpful for preventing tooth decay and tartar build up. May be used in tooth powders, herbal tea, with coffee or as a sweetener when cooking. A pinch of stevia equals a teaspoon of sugar.</p>	<p>\$16.95 x 50gms</p>
<p>Suma Powder</p> 	<p>Relieves stress and helps the body to adapt to many psychological and environmental stresses. Gives great pick up. It benefits both men and women to restore sexual functions. Protects against viral infections and is protecting to the immune system. Promotes healing of wounds and new cell growth. Beneficial for cancers.</p>	<p>\$14.95 x 50gms</p>
<p>Tarragon Leaf</p> 	<p>A much loved culinary herb, which stimulates digestion and has mild sedative properties that assists sleep. Do not take during pregnancy or for more than 4 weeks.</p>	<p>\$6.95 x 50gms</p>
<p>Thyme Leaf</p> 	<p>A strong anti-septic and anti-fungal herb with a markedly tonic effect that counters the effects of aging and debility. Excellent for the immune system, chest infections, throat, asthma and hay fever. Also expectorant and expels worms.</p>	<p>\$7.50 x 50gms</p>
<p>Tomato Powder</p> 	<p>Lycopene is the major carotenoid in tomatoes. This organic powder contains high levels of lycopene – a natural antioxidant helpful for age-related diseases, cancers and heart problems. Helps to lower high cholesterol and regulates blood sugar levels. The high carotene content is very useful in skincare products, helpful for eczema, psoriasis, acne and to deter lines and wrinkles.</p>	<p>\$12.50 x 50gms</p>

<p>Tumeric Root & Tumeric Powder</p> 	<p>Great for cooking and colouring foods or fabrics. Regular use helps remove the carcinogens that smoking creates in the body. A powerful anti-inflammatory herb. Also anti-parasitic.</p>	<p>Root - \$9.95 Powder - \$10.95 x 50gms</p>
<p>Uva Ursi Cut & Uva Ursi Powder</p> 	<p>A very well-known urinary antiseptic with a strong anti-bacterial content that is most helpful against E. coli and organisms associated with urinary infections. Effective for cystitis and especially anti-biotic resistant cystitis. Works best with an alkaline urine. Unsuitable for children, pregnant women and anyone with kidney disease.</p>	<p>Cut- \$9.50 Powder - \$10.95 x 50gms</p>
<p>Valerian Root & Valerian Powder</p> 	<p>This herb produces a calming and sedating effect on the body and is recommended for anxiety and nervous tension. It has relaxing properties for muscle spasm and may be used in pain relieving formulas. Valerian is a safe non – narcotic herbal sedative and may be used as a safe tranquilizer for short term use. It is high in Magnesium, Potassium, Copper and Zinc. Caution: Do not use with anti – depressants. Not suitable for children</p>	<p>Root - \$8.50 Powder - \$9.95 x 50gms</p>
<p>Vanilla Beans Whole</p> 	<p>Richly fragrant – Vanilla balances mood, reduces stress and is a calming, soothing, most loved and popular product. Vanilla Beans have an aphrodisiac and relaxing effect if used in certain creams, oils etc. beautiful in sugars and for culinary uses.</p>	<p>\$2.95 EACH</p>
<p>Vervain Cut</p> 	<p>It affects the parasympathetic nervous system and has a stimulating action on the uterus. It is a restorative to the nervous system and is helpful for nervous tension. It is mildly anti-depressant and treats anxiety and stress. Helps migraines, gallstones, asthma, menstrual migraines and general pain.</p>	<p>\$6.95 x 50gms</p>

<p>Vitex Berry</p>  <p><small>Copyright © 2008 by The Herb Store</small></p>	<p>The berries have a progesterogenic effect, acting on the pituitary gland, which regulates menstrual cycle. Treats P.M.S and increases fertility. Increases breast milk production.</p>	<p>\$14.95 x 50gms</p>
<p>Wheatgrass Powder</p> 	<p>Research says 11lbs of fresh wheat grass is equal in nutritional value to 25lbs of choice vegetables. The molecular structure resembles that of haemoglobin. The oxygen carrying protein of red blood cells and this may be the reason for wheat grass's effectiveness. Corrects anaemia. Quickly helps mental health, cancers and many other conditions.</p>	<p>\$5.95 x 50gms</p>
<p>Whey Powder</p> 	<p>The weight loss product. Because Whey is a complete protein, meaning it contains all essential amino acids, vital for metabolism. Whey protein is concentrated, eliminates lactose and milk fat, making it a remarkable source of protein. High in tryptophan the building block to serotonin, it enables tryptophan to cross the protective blood – brain barrier to enter the brain; which assists to lessen carbohydrate cravings, helps poor sleep, low self-esteem, mood and impulsive behaviour.</p>	<p>\$5.50 x 50gms</p>
<p>White Sage</p> 	<p>The magical herb for cleansing and purifying areas of negativity. Often used in smudge wands for house cleansing and clearing.</p>	<p>\$13.95 x 50gms</p>
<p>White Willow Bark</p> 	<p>High in salicylic acid, which is the source of aspirin. Has same analgesic and anti-inflammatory actions as aspirin. Relieves pain and soothes fevers. Does not irritate stomach.</p>	<p>\$6.95 x 50gms</p>

<p>White Tea</p> 	<p>Of all the teas, white tea undergoes the least amount of processing and contains the highest levels of anti-oxidants. It has a sweet subtle flavour and is a very rare and hard to obtain tea.</p>	<p>\$11.95 x 50gms</p>
<p>Wild Yam Powder</p> 	<p>Use as a gentle tonic, great for tiredness, weight loss and loss of appetite. Strengthens a weak digestion. Helpful for chronic coughs and wheezing. Helpful for hormone problems.</p>	<p>\$14.50 x 50gms</p>
<p>Witch Hazel Powder</p> 	<p>A powerful astringent herb, which is also soothing and anti-inflammatory. Much used for varicose veins, bruising and hemorrhoids. Excellent in skincare products for oily skin, open pores and acne. Witch hazel dries up secretions, tightens pores and reduces excessive oiliness. Good for prolapsed uterus, heavy menstruation and diarrhea. Use in capsules, oils, tinctures, glycerites and compresses</p>	<p>\$10.95 x 50gms</p>
<p>Withania Root & Withania Powder</p> 	<p>INDIAN GINSENG- A powerful strengthening and aphrodisiac herb. This herb restores vitality, especially where overwork or nervous exhaustion is a problem. It calms and strengthens the nerves, promotes sound, restful sleep and calms and clears the mind. A restorative herb for the elderly, chronically ill, and for long-term stress.</p>	<p>Root - \$10.95 Powder - \$12.95 x 50gms</p>
<p>Wormwood Leaf</p> 	<p>Very bitter herb, affecting the taste receptors on the tongue, which sets off a reflex action, stimulating stomach and other digestive secretions. A most useful medicine to improve digestion and the absorption of nutrients. Helps the body's vitality after illness. An important herb for eliminating worms in the body.</p>	<p>\$7.95 x 50gms</p>
<p>Yarrow Cut</p> 	<p>The traditional wound herb. Regulates menstrual cycle, reduces heavy bleeding and eases period pain. Good for colds and flu's.</p>	<p>\$6.95 x 50gms</p>

<p>Yellow Dock Root & Yellow Dock Powder</p> 	<p>This herb has a gentle laxative action. It improves bile flow and has an excellent detoxifying action. Usually combined with other herbs to treat high levels of toxins in the body. Excellent for skin conditions such as acne, eczema and psoriasis and for arthritic and rheumatic problems, particularly osteoarthritis.</p>	<p>Root - \$8.50 Powder - \$9.95 x 50gms</p>
<p>Yucca Root Powder</p> 	<p>An arthritic herb, it reduces swelling, pain and stiffness of arthritis. The saponins component in yucca is responsible for treatment of inflammatory conditions. Reduces rheumatism, gout, asthma and genitourinary inflammations. Reduces blood pressure.</p>	<p>\$7.95 x 50gms</p>