

MEDICINAL HERBS TEST KIT (50 vials)
Product Code 8065

This kit is not designed to replace a consultation with a suitably qualified and knowledgeable herbalist. There is some overlap between this kit and the [Medicinal Herbs For Women test kit](#) and this is reflected in the price of the two kits. My very grateful appreciation to Christine Herbert, Member of the Association of Master Herbalists (UK), for her help in choosing the herbs to include, ensuring the correct Latin names were used and that the action of the herbs was properly described.

Code	Common Names	Latin Names	Action
MH01	Agnus Castus / Chaste Berry/ Monks' Pepper	Vitex agnus castus	Hot flushes, and for premenstrual syndrome, period pains and teenage acne. Promotes fertility.
MH02	Agrimony	Agrimony eupatoria	Astringent tonic for digestive system. Pain especially of the urinary system. Sore throat and gums. Used as an ointment for bruises and wounds.
MH03	Berberis /Barberry	Berberis vulgaris	Digestive problems; gentle liver tonic and laxative.
MH04	Bearberry / Uva-Ursi	Arctostaphylos uva-ursi	Cystitis and urinary tract infections.
MH05	Burdock	Arctium lappa	Liver and skin problems. Hot flushes.
MH06	Cascara Segrada Bark	Rhamnus purshiana	Chronic constipation.
MH07	Chamomile	Matricaria recutita and Anthemis nobilis	Relaxes nerves and eases digestive complaints. Good for insomnia, skin rashes and burns, sore throats and menstrual cramps.
MH08	Chickweed	Stellaria media	Cuts, wounds, itching and skin irritation.
MH09	Cinnamon	Cinnanomum sp.	May enhance insulin sensitivity; digestive stimulant, may reduce menstrual bleeding.
MH10	Cleavers / Clivers	Galium aparine	Mild diuretic and blood and lymph cleanser. Used for psoriasis and other skin complaints, swollen glands and bladder infections.
MH11	Cramp Bark	Viburnum opulus	For muscular tension, spasms and cramp. Menstrual cramp and excessive blood loss during periods.
MH12	Dandelion Root & Leaf	Taraxacum officinale	Strengthens liver function and stimulates digestion. Safe diuretic for fluid retention.
MH13	Devil's Claw	Procumbens harpagophytum	Anti-inflammatory so useful for arthritis, sports injuries, fibromyalgia and tendonitis.
MH14	Dong Quai (as tincture)	Angelica sinensis	Hot flushes and menstrual cramps.
MH15	Echinacea / Eastern Purple Coneflower	Echinacea angustifolia and E. purpurea	Stimulates the immune system and wards off coughs, colds and other infections. Sinusitis, thrush, urinary tract infection and middle ear infections.
MH16	Eucalyptus Leaves	Eucalyptus globulus	Anti-microbial and an expectorant. Gingivitis, fevers and infections, especially of the respiratory system.
MH17	Eyebright	Euphrasia officinalis	Mucus membrane problems, catarrh, sinusitis, hay fever, conjunctivitis and blepharitis.
MH18	Feverfew	Tanacetum parthenium	Migraine headaches. Helps digestion. Pain relief including period pains.
MH19	Ginkgo Biloba	Ginkgo biloba	Aids memory and concentration. May slow down the progress of Alzheimer's disease; lessen depression and anxiety in the elderly. Coldness in the extremities (Raynaud's disease). Tinnitus, dizziness (vertigo), leg cramps and chilblains.
MH20	Ginseng Korean	Panax ginseng	Combats stress, boosts vitality, enhances immunity. May lower blood sugar levels.
MH21	Ginseng Siberian	Eleutherococcus Senticosus	Reduces stress and fatigue. Enhances immune function, reduces cortisol levels and inflammatory response, and it promotes improved cognitive and physical performance. A female tonic useful for the menopause.

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MH22	Golden Rod	Solidago Virgaurea	Upper respiratory problems, sinusitis, hay fever, influenza, flatulence and cystitis.
MH23	Golden Seal	Hydrastis canadensis	Mouth ulcers, cold sores and eye infections. Helps digestion and the immune system.
MH24	Hawthorne Berry	Crataegus oxyacantha	Heart tonic - high and low blood pressure, angina and anxiety.
MH25	Horse Chestnut	Aesculus hippocastanum	Varicose veins, haemorrhoids, phlebitis and poor blood circulation.
MH26	Hyssop	Hyssopus officinalis	Common cold, bronchitis, chronic catarrh.
MH27	Liquorice	Glycyrrhiza glabra	Benefits the adrenal glands. Catarrh, bronchitis and coughs, abdominal colic. Hormonal tonic herb.
MH28	Marshmallow Leaf & Root	Althaea officinalis	Soothes mucous membranes, especially those of the digestive and urinary system.
MH29	Milk Thistle / Silymarin	Silybum marianum	Strengthens and repairs the liver. Aids fat metabolism. Helps prevent gall stones. Skin diseases.
MH30	Mistletoe	Viscum album	High blood pressure, nervous tachycardia and headaches.
MH31	Mugwort	Artemisia vulgaris	Digestive stimulant and can help depression and tension. Menstrual problems.
MH32	Nettle	Urtica dioica	Inflamed joints and arthritis. Eczema and hay fever. Iron deficiency.
MH33	Passion Flower	Passiflora incarnata	Nerve pains, shingles and insomnia. Calming sedative.
MH34	Pau D'Arco	Tabebuia imposignosa	Anti-bacterial, anti-fungal and anti-viral particularly for nose, mouth, throat and digestive system. Immune tonic.
MH35	Peppermint	Mentha piperata	Digestive relaxant. Irritable bowel and colicky pains.
MH36	Plantain Leaf	Plantago major and Plantago lanceolata	Anti-infective, anti-inflammatory, anti-histamine - for cuts, bites, stings and wounds.
MH37	Raspberry Leaf	Rubus lidaeus	Diarrhoea, mouth ulcers, bleeding gums and sore throats. Uterine tonic for pregnancy or heavy periods.
MH38	Red Clover	Trifolium pratense	Eczema and psoriasis, coughs, bronchitis, swollen lymph glands. Menopausal hot flushes.
MH39	Saw Palmetto	Sabal serrulata, Serenoa repens	Enlarged prostate, male pattern baldness, impotence, frequent night time urination.
MH40	Senna Pods	Cassia angustifolia	Constipation.
MH41	Skullcap	Scutellaria lateriflora	Nervous tension including premenstrual tension. Nervous system tonic.
MH42	Slippery Elm Bark	Ulma fulva	Digestive problems such as gastritis, colitis and ulcers.
MH43	St Johns Wort / Hypericum	Hypericum perforatum	Depression and anxiety disorders, seasonal affective disorder. Irritable bowel syndrome, migraine, insomnia, cramps and spasms. Viral infections.
MH44	Valerian	Valeriana officinalis	Restlessness, insomnia, migraine, pain, stomach cramps and colic. A muscle relaxant.
MH45	Vervain	Verbena officinalis	Depression. Early stages of fevers. Hot flushes. Nerve pains.
MH46	Walnut: Leaves, Bark And Hulls	Juglans regia	Skin problems including herpes and eczema. Anti fungal. Gentle laxative.
MH47	White Willow Bark	Salix alba	Chronic pain and arthritis. May lower fevers. If have aspirin allergy, may also be allergic to this herb.
MH48	Wild Yam	Dioscorea villosa	Menstrual cramps and endometriosis. Reduces inflammation. Digestive colic and pain.
MH49	Yellow Dock	Rumex crispus	Liver and lymph cleanser. Gentle laxative.
MH50	Yarrow	Achillea millefolium	Menstrual problems especially heavy periods. Circulatory system remedy. Fever, flu and colds.

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Life-Work Potential, Sea View House, Long Rock, Penzance, TR20 8JF, UK

Tel UK: 0844 412 4487; Tel from outside UK: +44 1726 819179

office@lifeworkpotential.com | www.lifeworkpotential.com