

Compiled by [TargetWoman](#)

There is an alternative to popping pills for every little ailment. Ever so often, we have some simple herbal remedies right in our own kitchens. These herbs come packed with plenty of remedial benefits.

Here is a Herb Table for your easy and quick reference. Most of the herbs listed here are commonly found in most homes and provide relief for many complaints.

**Disclaimer:** Many ingredients listed in these pages may interact with your prescription drugs or may have some undesirable consequences - if you are susceptible. Please use them after consulting your physician or your health care professional.

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**Evening  
Primrose**



**Latin Name:** Oenothera biennis

**Uses:** Is an important source of fatty acid gamma-linolenic acid GLA. Relieves breast pain and other PMS symptoms. Provides relief from inflammation. Increases HDL and reduces LDL.

**Treats:** Eczema, dermatitis, Rheumatoid arthritis, menopausal problems

**Caution:** Persons taking anticoagulants or phenothiazines must NOT take evening primrose oil.

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**Cardamom**



**Latin Name:** Elettaria cardamomum

**Uses:** Is a stimulant and provides relief from intestinal gas and spasms. Improves blood circulation to the lungs. Good source of trace minerals such as potassium, calcium, and magnesium. Promotes urination and lowers blood pressure.

**Treats:** Loss of appetite, urinary problems, digestive ailments, IBS, bad breath and common cold

**Caution:** Avoid too much consumption if you suffer gallstones.

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### Garlic



**Latin Name:** Allium Sativum

**Uses:** Natural Antibiotic, Carminative, Expectorant, Blood thinner and boosts immune system

**Treats:** colds, skin infection, joint pains, inflammation and arthritis, lowers cholesterol and high blood pressure, Controls cysts and abnormal growth.

**Caution:** Consult a physician if you take blood thinning drugs.

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### Ginger



**Latin Name:** Zingiber officinalis

**Uses:** Tones capillaries and stimulates circulation. Lowers cholesterol and protects against stomach cancer. Blood thinning properties help those suffering poor peripheral circulation. Anti-inflammatory properties work against arthritis. Anti-nausea properties helps shut down nerve receptors that trigger vomit reflux.

**Treats:** Nausea, vomiting, motion sickness, and morning sickness.

**Caution:** Consult a physician if you take blood thinning drugs.

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### Chilies - Cayenne Pepper



**Latin Name:** Capsicum Annuum

**Uses:** Digestive, carminative and stimulates stomach secretions. Has Capsaicin - the key ingredient that reduces inflammation and pain. Revs up metabolic rate.

**Treats:** Internally for cold, fever and constipation. Externally to alleviate muscle soreness and arthritis.

**Caution:** Do NOT eat if you have hemorrhoid or apply externally on sensitive skin.

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### St. John's Wort



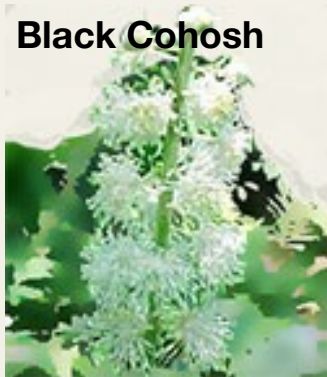
**Latin Name:** Hypericum Perforatum

**Uses:** Antidepressant, expectorant, emmenagogic (stimulates menstruation) and Antispasmodic. Has Hypericin that acts as a natural cure for depression.

**Treats:** Depression, Melancholia, Insomnia, Seasonal Affective Disorder, Jetlag, nervous exhaustion and colic pain if taken internally. Externally treats burns, wounds and sores.

**Caution:** Can interact with many drugs. Discuss with your physician if you take prescribed medicines.

### Black Cohosh



**Latin Name:** Actaea racemosa

**Uses:** Alternative to Hormone Replacement Therapy (HRT). Women Hormonal tonic, anti inflammatory and Anti rheumatic.

**Treats:** Menopausal symptoms like hot flashes, night sweats, irritability and post menopausal depression. Also effective for premenstrual issues like breast tenderness, menstrual pain (Dysmenorrhea), headache, migraine and irregular menstruation.

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### Aloe Vera



**Latin Name:** Aloe vera

**Uses:** Wound and tissue healer without leaving scars. Has natural detoxifying powers that ease constipation and cleanse the bowel. Contains Acemannan, that boosts T-lymphocyte cells for better immune system.

**Treats:** Skin conditions like acne, dermatitis, nappy rash and sunburn, bleeding gums, burn injuries and ulcers

**Caution:** Can trigger uterine contractions and must NOT be taken by pregnant women.

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### Mint



**Latin Name:** Mentha rotundifolia

**Uses:** Is carminative and anti-spasmodic. Has anti-flatulence and anti-oxidant properties. Fights aches and pains. Helps fight oral infections. Boosts immunity and beat stress.

**Treats:** Cough, acne, pharyngitis, headache, diarrhea, bad breath and morning sickness.

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### Cinnamon



**Latin Name:** Cinnamomum verum

**Uses:** Has anti-diabetic properties. Lowers triglycerides, and A1C levels while increasing insulin sensitivity. Works as antiseptic and stimulant. Its tincture works for uterine hemorrhage and menorrhagia. Is an anticoagulant as it helps in thinning of blood.

**Treats:** Diabetes, gastrointestinal upset, diarrhea, menstrual cramps, fungal infections and worms. Boosts memory and reduces blood pressure.

**Caution:** Consult a physician if you take blood thinning drugs.