

MUIH Herbal Dispensary



Fall Allergy Re-leaf

Nettles- “Natures anti-histamine”, this herb is a beautiful deep green. It is rich in minerals and iron, and has often been compared to spinach for its nutrient content. It is the go to herb for allergies throughout all seasonal transitions.

Nettle has also been shown to have anti-inflammatory properties.

Echinacea- “The immune booster”, Echinacea is helpful for allergic rhinitis. It is a lymphatic, meaning it helps to move the lymph, thus aiding the immune system. This tingly root is often taken at the start of cold season to keep colds and flus at bay.

Astragalus- “Immune Tonic”, this nutty tasting root helps to relieve allergies.

Astragalus strengthens the immune system and is an amazing tonic for healing depleted immune activity. It is an adaptogenic herb, which means it helps the body adapt to stress long term. You can also add the root to soups for a more healing broth.

The herb dispensary at Maryland University of Integrative Health uses exceptionally high-quality herbal products. Our herbal suppliers practice fully documented quality control standards, meeting FDA cGMP's and providing a certificate of analysis demonstrating the authenticity of the herbs we order. The herbs we purchase are purely wild crafted or certified organic.



Calendula- “The lymph cleanser”, this bright yellow flower cleans and tones the lymphatic system. Since the health of the lymph is closely tied to the health of the immune system, this means a healthy Immune system. Calendula is anti-inflammatory and the energy of the bright yellow flower is said to combat depression, making it the perfect herb for seasonal changes.

Orange peel- “Gets the juices flowing” A bitter herb, this sweet smelling herb aids in digestion. Orange peel also has a fragrant orange flavor that is a great addition to any formula.

Suggested Use: Take 13g of Herbal blend and boil in 3 cups of water for 15 minutes. Strain herbs with a tea strainer or a French press and drink throughout the day.

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