

# Fall Herb Sale



## **Discounted Bulk Herb Prices:**

50g of herb 25% off

100g of herb 40% off

1/2 lb. of herb 50% off



# **Bulk Herbs**

Oregon grape root c/s

Lion's Mane powder

Cardamom seed c/s

Yarrow flowers c/s

Lady's mantle c/s

Agrimony c/s

Gotu kola c/s

Boswellia powder

### **Discounted Herbal**

#### **Extract Prices:**

60ml of extract 15% off

120ml of extract 25% off

### **Extracts**

Wormwood

Greater celandine



St. John's wort

Juniper

Hydrangea

Ocotillo

White sweet clover

MUIH Herbal Professors Favorite uses of a few of our Sale herbs!

**Boswellia** powder is great in combo with turmeric and ginger to modulate inflammation, especially in cases of osteoarthritis.

Lady's Mantle tea for heavy menses; it's great in combo with Red Raspberry Leaf.

**Ocotillo** extract is a nice lymphatic for women with a pattern of pelvic congestion, and specifically for anyone with congestive dysmenorrhea or fibroids.

(Jillian Bar-Av)

**Sweet clover** is for me the best choice for and conditions in which swollen lymph glands are features. It is specific for lymphedema, which often follows on from mastectomies, abdominal or ovarian surgeries and from radiation to those zones of the body.

**Greater celandine** is one of the best herbs for gall bladder disorders.

**Lion's mane** is highly reputed for cognitive disorders (i.e. to memory, concentration etc.) as well as an immune stimulant.

(Andrew Pengelly)



**Juniper** is a urinary antiseptic, diuretic and expectorant. (David Winston)

**Wormwood** is used to stimulate digestion, and elimination. It is useful for GI dysbiosis and liver stagnation. Wormwood increases gastric hydrochloric acid secretions. (David Winston).

**Hydrangea** for vesical and urethral irritation, with gravelly deposits; difficult urination; bloody urine; deep-seated renal pain; hepatic pain; irritation of bronchial tract (Henriette's Herbal)

**St. John's wort** has mild antidepressant activity and antiviral activity, and is useful for wound healing. It is a nervine, antiseptic and was traditionally used for neuralgia, sciatica and muscular rheumatism (Simon Mills & Kerry Bone).

**Cardamom seed** is a great carminative herb to help relieve gas and digestive upset. An aromatic herb, cardamom can be useful for candida overgrowth in the bowel and upper respiratory tract. (David Winston)

**Yarrow flower** is a wonderful diaphoretic (promotes sweating) which is helpful for colds and the flu. It is also a great styptic herb (which helps to stop bleeding). Yarrow is useful for healing the mucosa of the GI tract. (David Winston)

**Gotu kola** is a traditional Ayurvedic herb used for longevity and to support memory, it is seen as a brain tonic, or rasayana. It strengthens connective tissues, increases circulation to the brain and has been shown to have antidepressant and antianxiety properties. (David Winston).

**Agrimony** is helpful for inflammation, irritation and burning urine with cystitis. It is soothing to inflamed bile ducts, a milk liver tonic and is a powerful antioxidant. (David Winston)

**Oregon grape** is a liver tonic and a cholagogue used to increase digestion and absorption. It is antibacterial, antifungal and antiviral. It is also useful for dyspepsia. (David Winston)