

WILD SAGE NUTRITIVE TONIC HERBS

- Western Tradition -

Wild Sage promotes these 100% organic, tonic herbs for use in our own handcrafted Herbal Teasan, available by the ounce or by the cup. Choose a single herbal "note" or create your own delicious herbal blend!

**** Herbs not recommended during pregnancy or nursing.**

Alfalfa - *Medicago Sativa* leaf

- ◇ Mineral-rich tonic. Alfalfa is high in easily assimilable nutrients, especially calcium, trace minerals, vitamin K and folic acid. An excellent recuperative aid, alfalfa is beneficial for chronic illnesses such as rheumatism, arthritis, colitis, ulcers, anemia.

Alfalfa is beneficial to drink when antibiotics are taken. *Tonic Blend, Daily Puritea, Goddess Chi*

Burdock - *Arctium Lappa* root

- ◇ Blood cleansing "alterative". Burdock purifies and cleanses the tissues and blood when taken over a period of time. It is a mild diuretic, beneficial for chronic, non-acute skin diseases and conditions, such as eczema and psoriasis. Burdock is one of four herbs in Essiac Tea, a reputed cancer treatment. *Daily Puritea*

Chamomile - *Matricaria chamomilla* flower

- ◇ Soothing, digestive aid. A mild bitter tonic and famous remedy for digestive upsets, chamomile also relaxes muscle spasms and cramps and has a sedative action. Chamomile is anti-inflammatory, pain-relieving, anti-microbial, wound-healing, and anti-fungal (especially thrush). Chamomile is particularly useful for restless or hyperactive children. *Moondance, Minty Belly Balm*

Dandelion - *Taraxacum officinalis* root or leaf

- ◇ Nature's great medicine. Dandelion is an "alterative", a deep-acting blood and tissue cleanser and digestive aid. The root is a mildly laxative bitter tonic, valuable for stimulating the liver and gallbladder, and increasing the flow of bile. The leaves are a powerful diuretic, however, it's rich potassium content replaces that which the body loses. Dandelion leaf and root are useful in the treatment of skin diseases and rheumatism. *Daily Puritea, Serendipitea*

Fennel - *Foeniculum vulgare* seed

- ◇ Nutritive, digestive tonic. Fennel has been used as a food and medicine since ancient times. Fennel is soothing to digestion, aids assimilation, calms heartburn, relieves spasms and reduces bloating and gas. A natural diuretic, fennel is useful in the treatment of gravel and urinary stones. Fennel also promotes the flow of breast milk in nursing mothers and is good for colic in babies.

Minty Belly Balm

Ginger - *Zingiber officinale* root

- ◇ Warming, circulatory stimulant. Ginger promotes digestion and circulation, which aids nutrient absorption. Effective for nausea, motion sickness, indigestion, colic, even morning sickness. Great for colds and flu, ginger dispels congestion and has a warming expectorant action on the lungs. *Daily Puritea, Minty Belly Balm, Gypsy Lemon Peace, Goddess Chi*

Lavender - *Lavender officinalis* flower

- ◇ Gently soothing relaxant. Lavender has sedative properties, good for calming anxiety and tension, as well as relaxing spasms of the digestive tract. Traditionally used to treat chest infections, coughs, colds and headaches. *Moondance, Kavalander, Celebritea*

Lemon Balm - *Melissa officinalis* leaf

- ◇ Gently calming, anti-viral. Lemon balm is an antidepressant and tonic for the nervous system. It was an important ingredient in Medieval cordials, distilled to "strengthen the heart and lift the spirits". Lemon balm is useful for melancholy and depression and is an excellent herb to soothe digestion and relax muscles. Lemon balm's anti-viral properties treat colds and flu and it is an excellent, gentle cold and flu remedy for kids. *Moondance, Minty Belly Balm, Kavalander, Serendipitea, Celebritea*

****Licorice - *Glycyrrhiza glabra* root**

- ◇ Detoxifying, demulcent (protective gel-coat). Licorice supports liver detoxification, strengthens the adrenals and is somewhat anti-allergenic. A soothing demulcent and digestive aid, licorice also lowers stomach acid levels, heals ulcers, neutralizes toxins, increase the flow of bile and lowers blood cholesterol. One of the most healing herbs of all times, licorice contains phyto-estrogens and balances the hormones. It is a commonly used herb because of its sweet ability to harmonize other herbs.

Licorice is not recommended if you are prone to high blood pressure. Daily Puritea, Minty Belly Balm, Goddess Chi, Tai Chi

Marshmallow - *Althea officinalis* root

- ◇ Soothing demulcent. Marshmallow's high mucilage content defines it as a demulcent, making it especially useful for treating inflammation and ulceration of the stomach and intestines. A mild expectorant, marshmallow is also soothing and healing to the respiratory tract, and as a mildly, soothing diuretic, promotes healing of the urinary tract, as well. *Minty Belly Balm*

****Sage - *Salvia officinalis* leaf**

- ◇ Brain and nerve tonic. Species name "officinalis" indicates sage was part of the U.S. Pharmacopoeia through the turn of the 20th century. Once prescribed for depression, anxiety, nervousness, migraine, insomnia and exhaustion, ancient Arabic and Chinese herbalists believed that drinking sage tea enhanced mental and spiritual clarity. In the Middle Ages, sage had a wide reputation as a rejuvenating tonic and was a major ingredient in prescriptions for longevity and elixirs of life. Sage is beneficial to the liver, blood and nerves and was given to strengthen the mind, the memory, enliven the senses, lift dull spirits, banish lethargy and restore failing virility. Sage is also a remedy for colds, flus, sinusitis, sore throat and coughing. It is also useful for menopause symptoms, especially hot flashes and the female reproductive system.

Nettles - *Urtica dioica* leaf

- ◇ Energy-building, blood tonic. Nettles are rich in easily assimilable vitamins and minerals, especially iron and vitamin C, which ensures the iron is properly absorbed. An excellent remedy for anemia, nettles are valuable as a food and an excellent source of chlorophyll. Nettles contain natural histamines, making it useful for allergies. Nettles also increases the excretion of uric acid, making it useful for arthritis and gout. Blood-invigorating, yet astringent, nettles also increases the flow of breast milk in nursing mothers. *Daily Puritea, Tonic Blend, Serendipitea, Goddess Chi, Tai Chi*

Oatstraw - *Avena sativa* whole plant

- ◇ Rejuvenating, nerve tonic. Oatstraw calms the nerves and provides a wide range of vitamins and minerals that feed a debilitated nervous system. Oatstraw is a valuable remedy for stress, anxiety, depression, exhaustion, convalescence and insomnia. Oatstraw also strengthens immunity, stabilizes blood sugar and thyroid function. Used to treat arthritis, rheumatism and multiple sclerosis. *Daily Puritea, Moondance, Tonic Blend, Serendipitea, Goddess Chi, Celebritea*

Passionflower - *Passiflora incarnata* leaf

- ◇ Safe, gentle tranquilizer. Passionflower relaxes the nervous system, has non-addictive sedative properties. It is antispasmodic and pain relieving and an important remedy for stress, anxiety, tension and insomnia. Passionflower is also reported to reduce high blood pressure. *Moondance*

Peppermint - *Mentha Piperita* leaf

- ◇ Powerhouse of menthol. Peppermint is an aromatic, mildly stimulating, digestive tonic. Peppermint stimulates the liver and gallbladder to increase the flow of bile. It also wards off colds and flu and clears congestion. It eases tension and stress and is particularly useful for headaches, stomach aches and nausea. An anesthetic for toothaches, peppermint is also antiseptic, antibacterial, antiparasitic, anti-inflammatory and antispasmodic. *Daily Puritea, Minty Belly Balm, Celebritea, Tai Chi*

****Red Clover - *Trifolium pratense* leaf**

- ◇ Deep-acting, blood cleanser or "alterative". Red clover cleanses as a diuretic, it stimulates the liver and gall-bladder to secrete bile and has a mild laxative effect. Used in deep-seated chronic conditions of toxicity, red clover thins and purifies the blood and is good for the skin problems, especially eczema, psoriasis. Mildly relaxant for the nervous system, relieving stress, tension and anxiety, red clover also treats the female reproductive system with an estrogenic action and relieves heavy or painful periods, PMS and menopausal symptoms such as hot flashes, night sweats and other symptoms of hormone imbalance. An important component in the famous cancer treatment "Hoxsey Formula", red clover inhibits growth of tumors and has been used for background treatment of cancer, particularly breast cancer and ovarian cancer. Red clover also contains beta-sitosterol which reduces the absorption of cholesterol and is used in treatment of atherosclerosis and heart disease. With antiviral and antifungal properties, red clover is also beneficial for colds, cough, respiratory infections and fungal infections. *Daily Puritea, Goddess Chi, Tai Chi*

Red Raspberry - *Rubus idaeus* leaf

- ◇ Nourishing, mineral-rich tonic. Red raspberry leaf is good for relieving tension, rich in nutrients and minerals, especially calcium. A uterine tonic and good astringent, raspberry leaf tonifies the female reproductive system and aids with heavy bleeding. Raspberry enriches and encourages the flow of mother's milk and is known as the "pregnant woman's herb". Due to its astringent properties, raspberry leaf is also recommended for bouts of diarrhea. *Tonic Blend, Kavalander, Goddess Chi*

Skullcap - *Scutellaria lateriflora* flower and leaf

- ◇ Nervous system tonic. Skullcap is rich in minerals to strengthen and tone nervous system. It heals frayed nerves and is recommended for all nervous stress-related disorders. Great for treating anxiety, depression, nervous headaches and insomnia. *Moondance, Serendipitea, Celebritea*

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