

Most Common Herbs

website: <http://www.herbreferance.com/>

Aloe vera | American ginseng | Arnica | Astragalus | Bitter melon | Black cohosh | Blue cohosh | Borage | Boswellia | Burdock root | Calendula | Cascara sagrada | Cat's claw | Cayenne pepper | Chamomile | Chaparral | Cinnamon | Comfrey | Cornsilk | Cramp bark | Curcumin | Dandelion | Devil's claw | Dong quai | Echinacea | Elderberry | Eucalyptus | Evening primrose | Eyebright | Fennel | Fenugreek | Feverfew | Garlic | Ginger | Ginkgo biloba | Ginseng | Goldenrod | Goldenseal | Gotu kola | Gravel root | Green tea | Guggul | Gymnema sylvestre | Horseradish | Juniper berries | Kava kava | Lavender | Lemon balm | Lemon grass | Licorice root | Lobelia | Lomatium | Lovage | Maitake mushroom | Marshmallow | Milk thistle | Mint | Mullein | Mustard seeds | Myrrh | Natto | Nettle | Nopal | Nutmeg | Oregano | Parsley | Peppermint | Plantain | Prickly pear | Pygeum | Red clover | Red raspberry | Reishi mushroom | Rosehips | Rosemary | Sage | Saw palmetto | Schisandra | Scullcap | Shepherd's purse | Skullcap | Slippery elm | St. John's wort | Star anise | Stevia | Stinging nettle | Thyme | Turmeric | Uva ursi | Valerian root | Wheat grass | Willow | Yarrow | Yellow dock | Yucca

Most Common Health Conditions

Allergies | Alzheimer's | Arthritis | Asthma | Attention deficit disorder | Back pain | Blood clots | Bone loss | Breast cancer | Cancer | Cardiovascular disease | Cataracts | Chronic fatigue syndrome | Chronic pain | Circulatory disorders | Cognitive decline | Cold sores | Colon cancer | Constipation | Coronary heart disease | Crohn's disease | Dandruff | Dementia | Depression | Diabetes | Digestive disorders | Dry skin | Eczema | Endometriosis | Enlarged prostate | Female infertility | Fibromyalgia | Gastroesophageal reflux disease | Gingivitis | Hair loss | Halitosis | Headaches | Heart disease | Heartburn | Hepatitis | Herpes | High blood pressure | High cholesterol | Hypoglycemia | Ibs | Infections | Infertility | Inflammation | Injuries | Insomnia | Insulin resistance | Irritability | Joint inflammation | Joint pain | Kidney stones | Leg cramps | Liver disorders | Lung disease | Macular degeneration | Memory loss | Menopause | Menstrual cramps | Migraines | Muscle pain | Night blindness | Obesity | Osteoporosis | Pancreatic cancer | Pms | Premenstrual syndrome | Prostate cancer | Rheumatoid arthritis | Sinusitis | Sleep disorders | Stomach ulcers | Stroke | Thyroid disorders | Urinary tract infections | Varicose veins | Yeast infections

Health Conditions

Abdominal cramps	Acid indigestion	Aging
Abdominal distention	Acidosis	Agitation
Abdominal irritability	Acne	AIDS
Abdominal pain	Addison's disease	Alcohol intoxication
Abdominal spasms	Adult-onset diabetes	Alcohol sickness
Abrasions	Age-related cognitive decline	Alcohol withdrawal
Abscesses		Alcoholism

Alcohol-related liver disease	Bloated stomach	Cerebral circulation
Allergic reactions	Bloating	Cervical cancer
Allergies	Blood clots	Cervical dysplasia
Altitude sickness	Blood deficiency	Chapped lips
Alzheimer's disease	Blood disorders	Chest congestion
Amenorrhea	Blood impurity diseases	Chest pain
Anemia	Blood lipid imbalance	Chest tightness
Anemia during pregnancy	Blood poisoning	Chicken pox
Angina	Blood stagnation	Childbirth
Anorexia	Blood sugar disorders	Childhood fever
Anxiety	Blood toxicity	Childhood malnutrition
Appetite control	Blurred vision	Chills
Appetite loss	Blurry vision	Chlamydia
Arteriosclerosis	Boils	Cholecystitis
Arteriosclerosis	Bone fractures	Cholera
Arthritis	Bone loss	Chorea
Arthritis pain	Bowel cancer	Chronic bronchitis
Asthma	Bowel irregularity	Chronic catarrh
Atherosclerosis	Bowel problems	Chronic constipation
Athlete's foot	Brain function	Chronic coughing
Attention Deficit Disorder	Breast cancer	Chronic coughs
Attention Deficit	Breast tumors	Chronic diarrhea
Hyperactive Disorder	Broken bones	Chronic dysentery
Autism	Bronchial ailments	Chronic enteritis
Autoimmune deficiency syndrome	Bronchial asthma	Chronic fatigue syndrome
Autoimmune diseases	Bronchial congestion	Chronic gastritis
Autoimmune disorders	Bronchial constriction	Chronic hepatitis
Back pain	Bronchial inflammation	Chronic illness
Backache	Bronchial mucous	Chronic infection
Bacterial infection	Bronchial phlegm	Chronic low-grade fever
Bacterial infections	Bronchitis	Chronic mucus
Bed-wetting	Bruises	Chronic nasal discharge
Belching	Burning eyes	Chronic nasal mucous
Benign prostate hypertrophy	Burns	Chronic obstructive pulmonary disease
Benign prostatic hyperplasia	Burping	Chronic pain
Beriberi	Bursitis	Chronic respiratory problems
Bile congestion	Cancer	Chronic rheumatic conditions
Billiousness	Cancerous tumor	Chronic skin disease
Bladder disorders	Cancerous tumors	Cigarette cravings
Bladder infection	Candida	Circulation
Bladder inflammation	Candida albicans	Circulatory disorders
Bladder stones	Candida albicans overgrowth	Cirrhosis
Bleeding	Canker sores	Cirrhosis of the liver
Bleeding from the lungs	Cardiovascular disease	Clogged arteries
Bleeding gums	Carpal tunnel syndrome	Cloudy urine
Bleeding lungs	Cataracts	Cognitive decline
Bloated abdomen	Catarrh	Cognitive function
	Celiac disease	Cold sores
	Cellulite	
	Cellulitis	

Cold symptoms	Diverticulitis	Fat metabolism
Colds	Dizziness	Fatigue
Colic	DNA damage	Fatty cysts
Colitis	Dropsy	Female breast abscess
Colon and spleen disorders	Drug addiction	Female disorders
Colon and urinary disorders	Drug poisoning	Female infertility
Colon cancer	Drug withdrawal	Fever
Colon disorders	Dry constipation	Fibrocystic breast disease
Common cold	Dry cough	Fibroid tumors
Congestion	Dry coughs	Fibromyalgia
Congestive heart failure	Dry eyes	Flatulence
Conjunctivitis	Dry lung	Flu
Constipation	Dry mouth	Fluid retention
Consumption	Dry skin	Food allergies
Contraception	Dry throat	Food poisoning
Convulsions	Dryness	Food sensitivities
Corns	Duodenal ulcers	Fractures
Coronary heart disease	Dysentery	Free radicals
Coughs	Dysmenorrhea	Frequent urination
Cramps	Dyspepsia	Frigidity
Crohn's disease	E.coli	Frostbite
Cuts	Ear disorders	Fungal diseases
Cystitis	Ear infections	Fungal infection
Cysts	Earaches	Gallbladder disorders
Cytomeglovirus	Eczema	Gallbladder obstruction
Damaged tissues	Edema	Gallstone pain
Dandruff	Emaciation	Gallstones
Deafness	Emotionalism	Gas
Debility	Emphysema	Gastric discomfort
Degenerative diseases	Endometriosis	Gastritis
Degenerative wasting	Endurance	Gastroenteric ulcers
Dehydration	Enteritis	Gastroenteritis
Delayed menstrual flow	Enlarged liver	Gastroesophageal reflux disease
Delirium	Enlarged prostate	Gastrointestinal acidity
Dementia	Enlarged spleen	Gastrointestinal congestion
Dental bacteria	Enteritis	Gastrointestinal disorders
Depression	Environmental allergies	Gastrointestinal infection
Dermatitis	Epilepsy	Gastrointestinal inflammation
Detoxification	Epstein-barr	Gastrointestinal problems
Diabetes	Erectile dysfunction	Gastrointestinal ulcers
Diabetic retinopathy	Estrogen metabolism	Giardia
Diaper rash	Excessive body acids	Gingivitis
Diarrhea	Excessive mucous	Glandular congestion
Difficult urination	Excessive perspiration	Glandular swelling
Digestive disorders	Excessive phlegm	Glaucoma
Digestive spasms	Excessive thirst	Glucose intolerance
Digestive tract cancers	Exhaustion	Glucose utilization
Diphtheria	Eye cysts	Gluten intolerance
Distention	Eye disorders	
	Eye inflammation	
	Failing hearing	

Goiter	Hyperactive thyroid	Internal wounds
Gonorrhea	Hyperactivity	Intestinal blockage
Gout	Hypercholesterolemia	Intestinal cramps
Gum disease	Hyperglycemia	Intestinal disorders
Gums	Hyperlipidemia	Intestinal gas
Gynecological disorders	Hyperlipidemia	Intestinal infections
Hair loss	Hypersensitivity	Intestinal mucous
Halitosis	Hypertension	Intestinal parasites
Hangover	Hypoglycemia	Intestinal problems
Hay fever	Hypotension	Intestinal spasms
Headaches	Hypothyroidism	Intestinal ulcers
Heart and kidney disorders	Hysteria	Intractable sores
Heart attacks	IBS	Involuntary seminal emissions
Heart congestion	Inflamed mucous membranes	Iron deficiency
Heart disease	Immune disorders	Irregular bowel movements
Heart disorders	Immune system deficiency	Irregular menses
Heart pain	Immunodeficiency disorders	Irregular menstrual cycle
Heart palpitations	Impetigo	Irregular menstruation
Heart rate disorders	Impotence	Irregularity
Heartburn	In vitro aids	Irritability
Heat stroke	Incomnia	Irritable bladder
Heatstroke	Incontinence	Irritable bowel syndrome
Hemorrhaging	Indigestion	Irritated gums
Hemorrhoids	Infections	Itching
Hepatitis	Infectious diarrhea	Jaundice
Hepatitis b	Infectious diseases	Joint inflammation
Hernia	Infertility	Joint pain
Herpes	Inflamed breast tissue	Joint problems
Hiatal hernia	Inflamed eyes	Kidney disease
Hiccups	Inflamed liver	Kidney disorders
High blood cholesterol	Inflamed lungs	Kidney infections
High blood pressure	Inflamed mucus membranes	Kidney inflammation
High blood sugar	Inflamed skin	Kidney stones
High cholesterol	Inflammation	Labor pain
High fever	Inflammation of the gums	Lack of appetite
High LDL cholesterol	Inflammatory bowel disease	Lactation disorders
High triglycerides	Influenza	Lactose intolerance
Hirsutism	Insect bites	Laryngitis
HIV	Insomnia	Leaky gut syndrome
Hives	Insulin control	Leg cramps
Hoarseness	Insulin irregularity	Leg pain
Hodgkin's disease	Insulin resistance	Lethargy
Hormone regulation	Intermittent claudication	Leucorrhoea
Hormone-driven cancers	Internal bleeding	Leucorrhoea
Hot coughs	Internal parasites	Leukemia
Hot flashes		Leukorrhoea
Human immunodeficiency virus		Liver cancer
Hunger		Liver damage
Hyperacidity		Liver detoxification

Liver disease	Mood swings	Penile discharge
Liver disorders	Morning sickness	Peptic ulcers
Liver inflammation	Motion sickness	Peripheral circulation
Lockjaw	Mouth infections	Peristalsis
Loose stools	Mouth inflammation	Ph regulation
Loss of appetite	Mouth ulcers	Phlebitis
Low blood sugar	Mucous	Phlegm
Low energy	Mucous congestion	Pink eye
Low pain tolerance	Mucous discharge	Pinkeye
Low sperm count	Mucous in the lungs	Pinworm
Lowered libido	Mucus congestion	Pleurisy
Lumbago	Multiple sclerosis	PMS
Lumps	Mumps	Pneumonia
Lung cancer	Muscle cramps	Pneumonitis
Lung disease	Muscle pain	Poisoning
Lung disorders	Muscle strains	Poisonous bites
Lung dryness	Muscle tension	Polio
Lung inflammation	Muscular cramps	Polyps
Lung weakness	Nasal congestion	Poor appetite
Lupus	Nausea	Postmenopausal breast cancer
Lymphatic congestion	Nausea during pregnancy	Postpartum bleeding
Lymphoma cancer	Nephritis	Postpartum contractions
Macular degeneration	Nerve stimulation	Postpartum depression
Malaria	Nervous disorders	Post-viral disorders
Male impotence	Nervous exhaustion	Pregnancy
Male infertility	Nervous spasms	Premature ejaculation
Mastitis	Nervous system disorders	Premature graying
Measles	Nervous tension	Premenstrual syndrome
Melancholia	Nervousness	Prolapsed intestine
Memory impairment	Neuralgia	Prolapsed uterus
Memory loss	Neurosis	Prostate cancer
Menopausal heat	Nicotine cravings	Prostate disorders
Menopausal sweat	Nicotine withdrawal	Prostate enlargement
Menopausal symptoms	Night blindness	Psoriasis
Menopause	Nosebleeds	Pulmonary abscess
Menorrhagia	Numbness	Pulmonary embolism
Menses	Obesity	Pulmonary phlegm
Menstrual bleeding	Opening of the lungs	Pulmonary tuberculosis
Menstrual cramps	Oral cancer	Raynaud's
Menstrual disorders	Osteoarthritis	Raynaud's disease
Menstrual pain	Osteomyelitis	Reduced appetite
Menstruation	Osteoporosis	Reproductive disorders
Mental depression	Ovarian cysts	Respiratory congestion
Mental fatigue	Painful menstruation	Respiratory disorders
Mental health	Painful urination	Respiratory tract infections
Mental stress	Pancreatic cancer	Restenosis
Mercury poisoning	Pancreatic disease	Retention
Metal detoxification	Pancreatic disorders	Retinopathy
Migraines	Paralysis	Rheumatic arthritis
Miscarriage	Parasites	
Mood disorders	Parkinson's	

Rheumatoid arthralgia	Stomach disorders	Urethritis
Rheumatoid arthritis	Stomach gas	Urinary dysfunction
Rheumatoid numbness	Stomach pain	Urinary incontinence
Rickets	Stomach ulcers	Urinary infections
Scalp problems	Stress	Urinary inflammation
Scars	Stroke	Urinary obstruction
Sciatica	Sunburn	Urinary retention
Scurvy	Sunstroke	Urinary tract cystitis
Sedative	Suppressed menses	Urinary tract disorders
Severe bronchial congestion	Sweating	Urinary tract infections
Severe infections	Swelling	Urinary tract inflammation
Severe lung congestion	Swelling of legs and feet	Urinary tract problems
Shingles	Swollen glands	Urinary tract stones
Shock	Swollen lymph glands	Urinary tract infection
Silicosis	Syphilis	Urticaria
Sinusitis	Teething	Uterine bleeding
Skin cancer	Tendonitis	Uterine fibroids
Skin diseases	Tension	Uterine tumors
Skin disorders	Tension headaches	Vaginal bleeding
Skin eruption	Thin hair	Vaginal discharge
Skin infections	Threatened miscarriage	Vaginal disorders
Skin irritations	Throat	Vaginal dryness
Skin rashes	Throat disorders	Vaginitis
Skin sores	Throat dryness	Varicose veins
Skin wounds	Throat infections	Venereal disease
Sleep apnea	Throat inflammation	Vertigo
Sleep disorders	Thrombosis	Viral infections
Sluggish circulation	Thrush	Vitiligo
Smallpox	Thyroid disorders	Vomiting
Smoker's cough	Tinnitus	Vomiting of blood
Snake bites	Tinnitus caused by weakness	Warts
Snoring	Tonsillitis	Wasting
Sore throat	Toothaches	Wasting disease
Spasmodic cough	Tuberculosis	Water retention
Sperm production	Tumors	Weak blood
Spleen disorders	Type 2 diabetes	Weak heart
Sprains	Ulcerated throat	Weak lower back
Staphylococcus infections	Ulcerative colitis	Weight gain
STD	Upper respiratory tract disorders	Weight loss
Stiff joints	Upper respiratory tract infections	Whooping cough
Stiff neck	Upper respiratory tract problems	Wounds
Stomach ache		Yeast infections
Stomach acidity		
Stomach cancer		

About This Reference Database

Its purpose is to educate and empower consumers with information they can use to prevent and even help reverse degenerative disease. There are no commercial sponsors of this site.

Nature's foods contain powerful medicine in the form of phytonutrients, and knowing how to use those natural medicines empowers people with the information they need to be healthier, happier and free from the ravages of chronic disease.

The data presented on these sites are cited with research references. Sources include books by Dr. James Duke, Michael T. Murray, Michael Tierra and other doctors, authors and researchers

This information is intended only as a general reference for further exploration, and is not a replacement for professional health advice.