Section Five

Properties

This section contains the definition of the various properties used to describe the therapeutic actions of natural remedies. Indications and contraindications are included with many properties, and each property includes a list of products with that therapeutic action. The products that best represent each property are highlighted in bold.

Abortifacient
May cause abortion or miscarriage. Trying to abort a baby with herbs is not recommended.
**Herbs:** Anamu and Blue Cohosh

Absorbant
A substance used to absorb irritating toxins both internally and externally. May be applied topically as a poultice for bites, stings, or other irritations. Can also be taken internally to absorb toxins. Must be used with a large amounts of water to be effective.
**Herbs:** Marshmallow, Mullein, Psyllium and Slippery Elm
**Herbal Formulas:** Intestinal Soothe & Build, LOCLO, Marshmallow & Fenugreek, Nature’s Three, PLS II and Psyllium Hulls Combination
**Nutraceuticals:** Everybody’s Fiber and Fat Grabbers

Acidifier
A substance used to increase gastric acidity; or a substance used to lower the pH of the body, especially urine and/or saliva.
**Nutrients:** Vitamin C

Acrid
A hot, biting, slightly irritating taste. Often found in herbs that are antispasmodic.
**Herbs:** Black Cohosh, Kava Kava and Lobelia
**Herbal Formulas:** Ultimate Echinacea

Adaptogen
Adaptogens help the body adapt to stressful situations and maintain normal function under mental or physical stress. Strengthen and support adrenal function by adjusting the hypothalamus/pituitary/adrenal axis to reduce the output of stress hormones. Helps to build the immune system because stress hormones reduce the immune response.
**Herbs:** Astragalus, Cordyceps, Eleuthero, Gotu Kola, Korean Ginseng, Maca and Wild American Ginseng
**Herbal Formulas:** AdaptaMax, Energ-V, HY-A, Nature’s Chi, Nervous Fatigue Formula, SUMA Combination and Trigger Immune
**Nutraceuticals:** Master Gland and Nature’s Cortisol Formula
**Packs:** Glandular System Pack and Nervous System Pack

Adrenal Tonic
A substance that builds up and strengthens the function of the adrenal glands.
**Herbs:** Bee Pollen and Licorice Root
**Herbal Formulas:** Energ-V, HY-A, Nature’s Chi and Nervous Fatigue Formula
**Nutrients:** Pantothenic Acid and Vitamin C
**Nutritional Supplements:** Nutri-Calm and Vitamin B-Complex
**Nutraceuticals:** Adrenal Support
**Packs:** Glandular System Pack
**Essential Oils:** Roman Chamomile

Adrenergic
Stimulates the production of, enhances the effect of or mimics the action of epinephrine. See also Sympathomimetic. Useful for ADD where parasympathetic dominance is involved. Not recommended in anxiety and stress-related disorders.
**Herbs:** Licorice Root
**Herbal Formulas:** Energ-V and MetaboMax
**Nutrients:** Vitamin B-6 and Vitamin C

Adsorbant
An adsorbant causes other substances to stick to it. It is different from an absorbant, in that substances adhere to the surface of it, instead of being drawn into it. Used topically and internally to eliminate poisons and irritants. May be helpful to counteract chemical poisoning from caustic agents. Contact your poison control center for advice. Should not be taken with other nutritional supplements as they tend to inhibit nutrient absorption.
**Nutrients:** Activated Charcoal and Hydrated Bentonite
Alexipharmic

Preventing the bad effects of poison inwardly; antidote.

Herbs: Black Cohosh and Lobelia

Alkalizer

An agent that neutralizes acid or causes alkalization; a substance used to raise the pH level of the body, especially urine and/or saliva.

Herbs: Barley Grass, Nature’s Gold and Red Clover
Herbal Formulas: Noni and Stress Relief
Nutrients: Calcium, Chlorophyll and Magnesium
Nutritional Supplements: Skeletal Strength
Nutraceuticals: Potassium Combination

Alterative (Blood Purifier)

Cleanses (or alters) the internal environment of the body without producing noticeable laxative or diuretic effects. Helps remove toxins from the body, probably by strengthening liver and/or lymphatic function. Purifies the blood, helping to combat impurity in the blood and organs. Used to treat torpid or stagnant conditions in the body. Traditionally used to clear up morbid conditions in the body, especially skin diseases, skin eruptions, cancer and wounds with pus.

Herbs: Alfalfa, Black Cohosh, Blessed Thistle, Blue Vervain, Burdock, Chickweed, Dandelion, Echinacea Purpurea, Golden Seal, Gotu Kola, Milk Thistle, Pau d’Arco, Red Clover, Safflowers, Sarsaparilla, Yarrow, Yellow Dock and Yucca
Nutraceuticals: Gentle Move
Packs: Tiao He Cleanse
Essential Oils: Pink Grapefruit

Analgesic (Anodyne)

Helps to relieve pain without causing loss of sensation. An anodyne is a mild analgesic. Useful for minor pains. Don’t expect herbal analgesics to have the strength of prescription painkilling drugs. Often they simply take the “edge” off the pain so it is bearable.

Herbs: Anamu, Black Cohosh, Capsicum, Catnip, Chamomile, Devil’s Claw, Feverfew, Ginger, Hops, Kava Kava, Lobelia, Valerian Root and Yucca

Antacid

Neutralizes excess stomach acid and/or relaxes the stomach and prevents or treats acid indigestion. Opposite action of digestive tonics. Antacids are used for excess stomach acid that usually occurs in younger people in response to overeating or stress. Indicated by sharp burning pains associated with eating. Dull, burning pains which occur about one to two hours after eating are not symptoms of acid indigestion, but rather a lack of hydrochloric acid and/or enzymes.

Calcium based antacids are generally contraindicated in this latter form of acid indigestion. However, herbal antac-
ids do not appear to adversely affect acid indigestion caused by lack of hydrochloric acid.

**Herbs:** Catnip, Dandelion, Ginger, **Golden Seal**, Hops, Kelp, Marshmallow, Red Raspberry, **Safflowers**, Sage and Sarsaparilla

**Herbal Formulas:** Anti-Gas Formula, **Catnip & Fennel**, Red Beet Root Formula and Red Raspberry Liquid

**Nutraceuticals:** Small Intestine Detox and Stomach Comfort

**Anthelmintic**
A vermilogue, destroying or expelling intestinal worms; an agent that is destructive to parasitic worms. See **Vermifuge**.

**Anti-abortive**
Helps stop miscarriage or spontaneous abortion. Opposite of abortifacient. Used when bleeding or cramping starts in the early stages of pregnancy to help avoid a miscarriage.

**Herbs:** **False Unicorn**, Lobelia and **Red Raspberry**
**Nutrients:** Vitamin C

**Anti-aging**
Helps to counter the effects of aging

**Herbs:** **Ginkgo Biloba**, Gotu Kola, He Shou Wu, Korean Ginseng and Maca

**Herbal Formulas:** AdaptaMax, **Ginkgo & Hawthorn** and Nature’s Chi

**Nutrients:** Co-Q10 and DHEA

**Nutraceuticals:** Brain-ProteX w/ Huperzine A, Super ORAC and **Thai-Go**

**Anti-arrhythmic**
Combating an irregular heart beat; an agent that prevents or alleviates cardiac arrhythmia.

**Herbs:** **Hawthorn Berries**
**Herbal Formulas:** Ginkgo & Hawthorn

**Nutrients:** Calcium and Magnesium

**Nutraceuticals:** Cardio Assurance

**Anti-artritic**
An agent that combats joint pain or arthritis (rheumatism).

**Herbs:** Alfalfa, Aloe Vera, Anamu, Barley Grass, Black Cohosh, Capsicum, **Devil’s Claw** and Nature’s Gold

**Herbal Formulas:** Herbal CA, **HSN-W**, Joint Health, **Joint Support**, KB-C and Nerve Eight

**Herbal Extracts:** CurcuminBP

**Nutrients:** Chondroitin, Evening Primrose Oil, Glucosamine, MSM, Omega-3 and Super GLA

**Nutraceuticals:** EverFlex

**Essential Oils:** Deep Relief Oil

**Topicals:** Everflex Pain Cream and MSM/Glucosamine Cream

**Anti-emetic (Antinauseous)**
Suppresses vomit reflex, relieves nausea. Used for flu, morning sickness, motion sickness, nausea, etc.

**Herbs:** Ginger, Red Raspberry, White Oak Bark and Wild Yam

**Herbal Formulas:** Red Raspberry Liquid

**Nutrients:** Chlorophyll

**Essential Oils:** Clove Bud and Peppermint

**Anti-epileptic**
Opposed to epilepsy; relieving fits.

**Herbs:** Blue Cohosh, Gotu Kola, Hops, Lobelia and Passion Flower

**Nutrients:** Magnesium

**Nutraceuticals:** Focus Attention and GABA Plus

**Anti-inflammatory**
Reduces inflammation (heat, swelling and pain). Used to reduce inflammatory conditions in the body. Anti-inflammatory vary widely in their mode of action and hence in their specific applications. Almost any herb that heals tissue damage will also act as an anti-inflammatory agent.

**Herbs:** Aloe Vera, Anamu, Blue Cohosh, Chamomile, Cordyceps, **Devil’s Claw**, Echinacea Purpurea, Eyebright, Feverfew, Ginkgo Biloba, Gotu Kola, **Licorice Root**, Milk Thistle, Nature’s Gold, Pau d’Arco, Sarsaparilla, Wild Yam, Yarrow and **Yucca**

**Herbal Formulas:** APS II, Bone/Skin Poultice, Bronchial Formula, CC-A, Chinese Kidney Activator, CLT-X, **IF Relief**, IF-C, Joint Health, Joint Support, Nerve Eight, Noni, PLS II, PS II, Skin Detox, Uña De Gato and VS-C

**Herbal Extracts:** CurcuminBP

**Nutrients:** CLA, Co-Q10, DHA, Equolilibrium, Evening Primrose Oil, Glucosamine, Grapine, MSM, Omega-3 and Super GLA

**Nutraceuticals:** Elderberry D3fense, EverFlex, Everybody’s Fiber, Gentle Move, Relief Formula, Super Antioxidant, Super ORAC, **Thai-Go** and Vari-Gone

**Packs:** Circulatory System Pack and Structural System Pack
**Anti-obesic**

A remedy used in the treatment of weight reduction for persons suffering from obesity.  
**Herbs:** Chickweed and Nature's Gold  
**Herbal Formulas:** MetaboMax and SF  
**Nutrients:** 7-Keto

**Properties**

**Antibacterial**

Destroys or inhibits bacteria. Used to fight infection both internally and externally. Many of these remedies do not directly kill bacteria, but act in indirect ways to inhibit their growth or enhance the body's own ability to destroy them.  
**Herbs:** Echinacea Purpurea, Feverfew, Garlic, Golden Seal, Gotu Kola, Pau d’Arco and Yarrow  
**Herbal Formulas:** Capsicum & Garlic with Parsley, Cranberry & Buchu, Echinacea/Golden Seal, Gastro Health, GC-X, IN-X, Lung Support, Lymph Gland Cleanse, Seasonal Defense, Sinus Support, Ultimate Echinacea and Uña De Gato  
**Herbal Extracts:** Olive Leaf  
**Nutrients:** Silver Shield, Vitamin A & D and Vitamin C  
**Nutraceuticals:** Elderberry D3fense

**Anti-uwolitic**

An agent that prevents the formation of urinary calculi (kidney stones)  
**Herbs:** Hydrangea  
**Nutrients:** Magnesium

**Antioxidant**

Of or pertaining to a substance that opposes the physiological effects of epinephrine; an agent that reduces production or uptake of epinephrine (adrenaline) and other related compounds secreted by the adrenal glands. This can have a stress reducing effect. See also **Sympatholytic**.  
**Herbs:** Eleuthero and Lobelia  
**Herbal Formulas:** Nervous Fatigue Formula and Stress Relief  
**Nutritional Supplements:** Nutri-Calm

**Antiacarogenic**

Preventing or suppressing the development of dental caries (cavities).  
**Herbs:** Alfalfa, Black Walnut and White Oak Bark  
**Foods:** Xylitol  
**Essential Oils:** Thyme

**Antiallergenic**

Reduces allergic reactions. Includes herbs listed under antihistamine and mast cell stabilizers. These remedies are used to reduce the allergic responses in mucus membranes of the digestive and respiratory tract. They are useful for hay fever, allergy-induced asthma and earaches.  
**Herbs:** Burdock, Echinacea Purpurea, Eyebright and Ginkgo Biloba  
**Herbal Formulas:** ALJ, E-W and Seasonal Defense  
**Nutrients:** Co-Q10 and Vitamin C  
**Nutraceuticals:** HistaBlock

**Antiacarous**

Help the body remove excess catarrh, whether in the sinus area or other parts of the body.  
**Herbs:** Eyebright  
**Herbal Formulas:** ALJ, E-W, Fenugreek & Thyme and Sinus Support  
**Nutraceuticals:** Small Intestine Detox and SnorEase