

Cardiovascular System Herb List

Cardiac Tonics

Cacao-Amazon
Cayenne-E
Chinese Celery-A
Garlic-A
Hawthorn-N, EA
Hibiscus-Africa, N, A
Lily of the Valley-E
Linden-EA
Mimosa-A
Motherwort-N, E
Peach-E
Reishi-A
Rhodiola- EA, Alaska
Rose-A

Blood + Vascular Cleansers

Burdock-A
Butcher's Broom-E
Chickweed-E
Red Clover-Africa, EA, N,
Yellow Dock-Africa E

Vasodilator Herbs

Bayberry-N, C
Cayenne-E
Ginger-SA
Hawthorn-N, EA
Horsetail-Africa, EA, N
Linden-EA
Mugwort-N, E
Passionflower-AA, AS, PI
Prickly Ash-N
Thyme-Africa, E

Vasoconstrictors

Barberry/OrCon grape-N
Licorice-EA
Prickly Poppy-N, C
Yarrow-N, EA

Circulatory Tonics/ Stimulants

Bilberry-E
Butcher's Broom-E
Cacao-Amazon
Cayenne-E
Garlic-A
Ginger-SA
Ginkgo-A
Ginseng-A
Hawthorn-N, EA
Rhodiola- EA, Alaska
Rosemary-Africa
Schisandra-A
Yarrow-N, EA

Blood + Vascular Builders

Dandelion-EA
Red Raspberry-N
Rose Hips-A
White Oak Bark-N

Rubefacients

Cayenne-E
Cloves-Indonesia
Garlic-A
Ginger-SA
Horseradish-EA
Nettles-Africa, E
Poplar-N
Mustard-Africa
Onion-A
*Essential oils: ginger, clove,
rosemary, peppermint*

Hemostats (stop bleeding)

Barberry/OrCon grape-N
Bulge Weed
Cayenne-E
Geranium-Mediterranean
Oak-N, EA, Africa
Shepherd's Purse-E

From our ancestors + experiences:

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Witch Hazel-N
Yarrow-N, EA

Regulate high blood pressure/Hypotensives

Ashwagandha-Africa
Cardamom-India
Cinnamon-Sri Lanka
Cramp bark-NA, E
Garlic-A
Ginseng-A
Hawthorn-N, EA
Linden-EA
Motherwort-N, E
Reishi-A
Rhodiola- EA, Alaska
Turmeric-SA
Valerian-EA
Yarrow-N, EA

Increase low blood pressure/Hypertensives

Aniseed-Medertirreanean, SA
Bayberry-N, C
Blue Cohosh-NA
Bitter Orange-Africa, Arabia, Syria
Black Tea-India
Calamus-E
Ginger-SA
Ginseng-A
Hawthorn-N, EA
Holy Basil-SA
Licorice-A
Rhodiola- EA, Alaska
Rosemary-Africa
Scotch Broom-Africa, E
VervainMedertirreanean, E
Yohimbe-Africa

From our ancestors + experiences:

Plant Ancestor is native to:

Africa
ME-Middle East
N-Turtle Island/North America
C-Eagle/Mexico, Central America
S-Colibri/South America
E-Europe
EA-EuroAsia
A-Asia
SEA-Southeast Asia
AS-Australia
AA-AustralA
PI-Polynesian Islands
PAC-Pacific Islands

