

Digestive Herb List

Digestive Tonics

Anise-A, Africa
Burdock-EA
Cardamom-SA
Catnip-EA, ME
Chamomile-Africa
Dandelion-EA
Fennel-Africa
Garlic-A
Ginger-SA
Lemon Balm-EA
Linden-TI, EurA
Marshmallow-Egypt
Meadowsweet-EA
Peppermint-E, ME

Digestive Support

Bitters:

Agrimony- EA, Africa
Blue Vervain-TI
Dandelion-EA
Gentian-C, EA, AS
Hops-E
Motherwort-E
Mugwort-EA
Turmeric-SA
Wormwood-N Africa
Yarrow-TI, EA
Yellow Dock-EA

Elimination Support

Constipation
Aloe Juice-Africa
Burdock-TCM
Senna-Africa, EG, C

Nourishing

Alfalfa-SA
Burdock-EA
Chickweed-E
Dandelion-EA
Nettles-EA
Oatstraw-Africa
Red Clover-EA
Yellow Dock-EA

From our ancestors + traditions:

From our ancestors + traditions:

High Enzymes:

Angelica-N E
Damiana-TI, EG, C
Garlic-A
Ginger-SA
Lemon/Orange
Peel-EA
Mint Family
Turmeric-SA

From our ancestors + traditions:

Diarrhea
Agrimony- EA, Africa
Blackberry/
Raspberry-EA
Oak Bark-TI
Witch Hazel-TI
Yarrow-TI, EA



Digestive Herb List

Acid Reflux + Heartburn (demulcents)

Calendula- Africa, EA
Lemon Balm-EA
Licorice-EA
Linden-N, EA
Marshmallow-Egypt
Oatstraw-Africa
Peach Leaf-N A
Slippery Elm-N

Digestive Tension + Intestinal Cramping

Nervines
Blue Vervain-TA
Lemon Balm-EA
Linden-N, EA
Motherwort-E
Oatstraw-Africa
Passionflower-AA, AS, PI
Skullcap-N
Valerian-EA
Wood Betony- Africa, EA

Carminatives

Anise-A, Africa
Catnip-EA, ME
Chamomile-Africa
Fennel-Africa
Ginger-SA
Lemon Balm-EA
Linden-N, EA
Peppermint-E, ME

Antiparasitics

Calamus-N, N A
Cayenne-E
Echinacea-N
Ginger-Southeast A
Goldenseal-N

From our ancestors + traditions:

From our ancestors + traditions:

Antispasmodics
Chamomile-Africa
Cramp Bark-E
Fennel-Africa
Ginger-SA
Lemon Balm-EA
Marshmallow-Egypt
Peppermint-E, ME
Valerian-EA
Wild Yam-Africa

From our ancestors + traditions:

From our ancestors + traditions:



Digestive Herb List

Mugwort-E
Oregano-Africa, EA
Thyme-Africa, S Europe
Wormwood-N Africa

Herbs for ED Support

Nourishing Herbs

Alfalfa-SA
Burdock-EA
Chickweed-E
Dandelion-EA
Nettles-EA
Oatstraw-Africa

Demulcents + Absorption Support

Linden-N, EA
Marshmallow-Egypt
Oatstraw-Africa
Peach Leaf-N A
Slippery Elm-N

Appetite Stimulants

Centaury-Africa, EA
Garlic-A
Gentian-C, EA, AS
Ginger-SA
Hops-E
Sage-N Africa
Thyme-Africa, S Europe
Wormwood-N Africa
Yarrow-N, EA

Gentle Nervines

Chamomile-Africa
Lavender-Africa, SA
Lemon Balm-EA
Linden-EA
Oatstraw-Africa
Rose-A
Skullcap-N

Vulneraries

Comfrey-EA
Calendula- Africa, EA
Violet-EA
Yarrow-N, EA

Adaptogens

Ashwagandha-N Africa
Reishi-A
Shatavari-SA

From our ancestors + traditions:

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



Digestive Herb List

