

Immune-lymphatic System Herb List

Deep Immune Tonics/

Immunomodulators/Adaptogens

Ashwagandha-SEA
Astragalus-SEA
Calendula-E
Cat's Claw-tropics from C-S
Chaga-E
Cordyceps-A
Elder-EA

Eleuthero-n. China
Holy basil-SEA
Licorice-SEA
Nettles-EA
Reishi-EA, N
Rhodiola-EA, N
Schizandra Berry-N Asia +
Russia
Shiitake-eastern Asia

**From our experiences
+ ancestors:**

Surface Immune Stimulants

Ashwagandha-SEA
Astragalus-SEA
Bay leaf-Mediterranean, n. Africa
Calendula-E
Echinacea-N
Garlic-central A
Ginger-SEA
Guava-s. N to S
Moss
Shiitake-eastern Asia
Usnea-western N
Yarrow-EA

Antimicrobials

Bee Balm-N
Black pepper-SA
Calendula-E
Cayenne-E
Chamomile-E, west A
Cinnamon-Southeast Asia,
south N-S
Clove-so called Indonesia
Elder-EA
Garlic-central A
Ginger-SEA
Goldenseal-N
Hyssop-northern N
Juniper-northern
hemisphere
Lavender-Africa, E
Lemon Balm-Africa-E
Oregano-Mediterranean,
n. Africa
Rosemary-Mediterranean,
n. Africa
Thyme-Mediterranean,
southern E
Usnea-western N
Uva Ursi-northern
hemisphere
Wormwood-EA, Africa
Yarrow- EA

**From our experiences
+ ancestors:**

Antifungal

Black Walnut
Calendula-E
Clove-so called Indonesia
Garlic-central A
Neem-Southeast Asia regions
Olive Leaf- Extract
Oregano Leaf- Extract
Spearmint-ATM, EA
Tea Leaf Extract
Turmeric-A

Antibiotics

Aloe-ATM
Eucalyptus-Australia-Indonesia
Garlic-central A
Ginger-SEA
Goldenseal-N
Honey + Propolis

Antivirals

Calendula-E
Echinacea-N



Immune-lymphatic System Herb List

Juniper-northern hemisphere
Licorice-SEA
Sage-E, Africa
Usnea-western N
Wormwood-EA, Africa

Elder-EA
Juniper-northern hemisphere
Lemon Balm-Africa-E
St John's-EA, northern Africa
Usnea-western N

Diaphoretic

Stimulant

Yarrow-EA
Thyme-Mediterranean, southern E
Oregano-Mediterranean, n. Africa
Garlic-central A
Onions- so called Iran + West Pakistan
Prickly Ash- east + northern N
Wild Bergamot-N
Clove-so called Indonesia
Ginger-SEA

Relaxant

Elder-EA
Boneset-wetlands N
Lemon Balm-Africa-E
Blue Vervain-eastern N
Lobelia-eastern N
Butterfly weed/Pleurisy root-N
Catnip-EA, ME,
Peppermint-E, ME
Spearmint-EA

From our experiences + ancestors:

Lymphatic Cleansers

Astragalus-SEA
Burdock-EA
Calendula-E
Cleavers-TITM, EA
Cornflower-E
Dandelion root-EA
Devil's Claw-southern USA
Echinacea-N
Ginger-SEA
Goldenseal-N

Knotted Figwort-EA, N
Marigold-E
Nettles-EA
Poison Hemlock-E, northern Africa
Poke root-eastern N
Red Clover-EA
Red Root-N
Violet-Africa, E
Wild Indigo Root-eastern N

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-Australasia
PI-Polynesian Islands

