

Musculoskeletal System Herb List

Nourishing Herbs/Nutritive

Tonics

Alfalfa-EA
Aloe vera-Africa
Arrowroot-S
Bayberry-e. N
Bee pollen
Chickweed-EA
Cocoa-Amazon
Comfrey-EA
Dandelion-EA
Fenugreek-EA, n. Africa

Horsetail-EA, N
Linden-EA, N
Maca-so called Peru
Nettle-Africa, EA
Oatstraw-n. E, N
Pumpkin seed-N
Red clover-EA, w. Africa
Suma-Amazon
Violet leaf-Northern
Hemisphere
Wild yam-N

From your ancestors + experiences:

Anodyne/Analgesic

Arnica-n. N, EA
Bitter orange-n. so called China
Black cohosh-N
Black cumin- n. Africa, s. E, s. Asia
Bloodflower- tropics N, C, S
California poppy- w. N
Carambola/Star fruit-tropical SA, Pacific Islands, e. A
Carolina poplar-N, ME
Chinese lovage root/Licorice root-cool Northern Hemisphere
Coyote willow-N
Cottonwood-e. N
Fumewort-n. EA

Ginger-SA
Jamaican dogwood-Caribbean
Japanese angelica tree
Kava kava-islands of the Pacific Ocean
Meadowsweet-EA, N
Mugwort-EA
Peach leaf-so called China
Valerian-EA
Wild lettuce-N, E, ME
Willow bark-temperate Northern Hemisphere

From your ancestors + experiences:

Antispasmodics

Black cohosh-N
Blackhaw-e. N
Blue cohosh-e. N
Chamomile-w. E, so called India, w. A [mild]
Cramp Bark-A, E, N
Cypress essential oil
Feverfew-E
Fireweed-temperate Northern Hemisphere
Ginger-SA
Hemlock-n. Africa, E

Juniper essential oil
Kava kava-islands of the Pacific Ocean
Lobelia- so called Missouri
Passionflower- se. N
Peppermint-EA, Africa, AS
Rosemary essential oil
Skunk cabbage-N
Valerian-EA
Wild lettuce-N, E, ME
Wild yam-N
Yarrow-Northern Hemisphere

From your ancestors + experiences:



Musculoskeletal System Herb List

Hops-EA, N, S
Jamaican dogwood-Caribbean

Rubefacient/Counterirritant

African cabbage	Horseradish-se E, w. A
Alfalfa-EA	Lavender-n + e Africa
Allspice-C, S	Lemon essential oil
Avocado-Western Hemisphere	Mustard seed-n. Africa, ME, Mediterranean
Balsam fir-N	Nettle-Africa, EA
Bee balm-N	Peppermint essential oil
Black mustard-n.Africa, temperate, Asia	Pennyroyal-E, n. Africa, ME
Black turmeric-S. Asia	Pine-n. Temperate region
Cayenne-tropics	Radish-n. Africa, Mediterranean
Chinese elder-Asia	Rosemary essential oil
Clematis-N	Rue-s. E
Clove-so called Indonesia	Thyme-E, Mediterranean
Fir needle-N, C EA, n. Africa	Water plantain-N
Garlic-central A	Wintergreen-e. N
Ginger-SA	

Diuretics

Agathosma-w. South Africa	Juniper-N, E, n. Asia including so called Japan
Asparagus-Africa	Nettle-Africa, EA
Bearberry-N, EA	Parsley-Mediterranean
Celery seed- so called Greece	Pipsissewa-temperate
Dandelion-EA	Northern Hemisphere
Gravel root- e. + c. N, so called New Zealand	Rosemallow-so called Hawaii
Ginger-SA	Yarrow-Northern Hemisphere
Horsetail-EA, N	

Nervine

California poppy- w. N	Passionflower- se. N
Hops-EA, N, S	Pedicularis- c. + e. Asia
Jamaican dogwood-Caribbean	Skullcap-Northern Hemisphere
Kava kava-islands of the Pacific Ocean	Valerian-EA
Magnolia bark-e. A, N, C, West Indies	White peony root-A
Mimosa-C, S	Wild lettuce-N, E, ME

Astringent

Acacia-Africa, AS	Sumac-n. N
American beech- N	Willow-temperate Northern Hemisphere

From your ancestors + experiences:

From your ancestors + experiences:

From your ancestors, traditions + experiences:

From your ancestors + experiences:



Musculoskeletal System Herb List

Avens- E, A, N, S, Africa
Blackthorn-E, ME
Chickweed-EA
Daisy-EA
Horsetail-EA, N
Nettle-Africa, EA
Red oak-N
Sage-Mediterranean, n. Africa

Witch hazel-e. N
Wood betony-N

Anti-inflammatory

Basil-tropical A
Black pepper-SA
Cayenne-tropics
Coriander-E, n. Africa, sw A
Chamomile-w. E, so called
India, w. A
Cinnamon-SA
Clove-so called Indonesia
Ginger-SA
Parsley-Mediterranean
Rosemary-n. Africa
Sage-Mediterranean, n. Africa
Thyme-E, Mediterranean

Emollient/Demulcent

Bellwort-e. N
Burdock-EA
Cocoa-Amazon
Dragon root-N
Licorice-N
Mullein-n. Africa, EA
Plantain-E, n. + c. S
Shallot-c. + sw A
Slippery elm-e. N
Sow thistle-n. Africa, EA
White sweet clover-N

From your ancestors + experiences:

Circulatory Stimulants

Angelica-Northern Hemisphere
Cayenne-tropics
Celery seed- so called Greece
Ginger-SA
Prickly ash
Rosemary-n. Africa

From your 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
SA-Southeast Asia
AS-Australia
AA-Australasia
PI-Polynesian Islands

Aleratives

Burdock-EA
Dandelion-EA
Nettle-Africa, EA
Oregon grape-Pacific N
Poke root-N

