

# Nourishing, Restorative + Adaptogenic Herbs

## Adaptogens

Ashwagandha-Ayurvedic Shatavari-Ayurvedic Rose Schizandra-TCM Nettles Tulsi/Holy basil-Ayurvedic Devil's club-NA American spikenard-NA	Rhodiola Astragalus-TCM Amala Cordyceps American ginseng-NA Eleuthero-TCM Lycii berry-TCM	Cat's claw-SA Maca-SA Suma-SA Jiaogulan Panax ginseng-TCM Sea buckthorn Rhaponticum-Siberian
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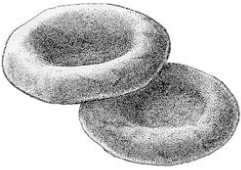
## Nourishing Herbs- N

Nettles - 2 handfuls/quart  
Oatstraw - 2 handfuls/quart  
Burdock - 2 handfuls/quart  
Dandelion - 1 handful/quart  
Alfalfa - 2 handfuls/quart  
Red Clover - 2 handfuls/quart  
Violet - 1 handfuls/quart

Chickweed - 2 handfuls/quart  
Mullein - 1 handful/quart  
Marshmallow root - 2 handfuls  
Slippery elm - 1 handful/quart  
Linden - 1 handful/quart  
Moringa - 1 handful/quart  
Wild Foods/Greens

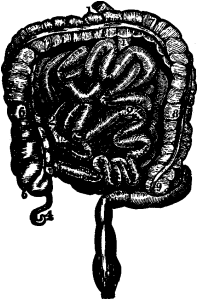
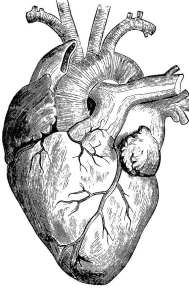
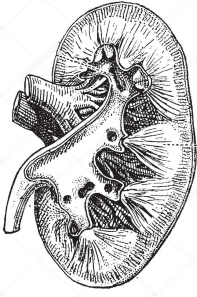
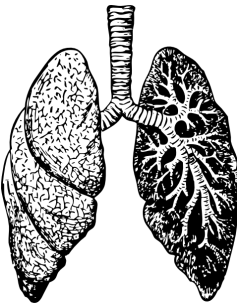
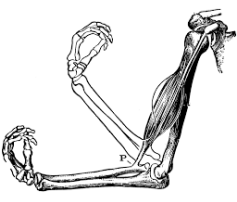
**From our ancestors + experiences:**

## Nourishing & Restorative Herbs by System of the Body

	<b>Nervous System</b> Oatstraw - N Siberian ginseng Ashwagandha Skullcap St. John's Wort Chaga & Reishi Schizandra Holy basil	Caraway Mugwort Jack-in-the-pulpits Juniper berry Peppergrass Prickly ash Dormilona/Sensitive plant	<b>From our ancestors + experiences:</b>
	<b>Immune System</b> Astragalus Reishi & Chaga Siberian ginseng Nettles - N Schizandra & Adaptogens Calendula Red fir		<b>From our ancestors + experiences:</b>



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	<p><b>Digestive System</b>          Alfalfa - N          Blackberry leaf          Burdock root - N          Dandelion root - N          Marshmallow root - N          Plantain</p>	<p>Nettles &amp; Oatstraw - N          Prickly ash          Gavilana/Jackass bitters          Yellow toadflax          Prairie coneflower          Fermented foods &amp; probiotics</p>	<p><b>From our ancestors + experiences:</b></p>
	<p><b>Heart &amp; Circulatory System</b>          Beargrass          Hawthorn - (berries nourishing, leaf &amp; flower tonic/restorative)          Linden - N          Ginkgo          Cayenne</p>	<p>Prickly ash          Schizandra          Rose family          Mimosa tree bark + flower</p>	<p><b>From our ancestors + experiences:</b></p>
	<p><b>Kidney &amp; Urinary System</b>          Burdock - N          Nettles - N          Schizandra- N          Cornsilk          Dandelion - N          Marshmallow root - N</p>	<p>Liver - Dandelion - N          Burdock - N          Milk thistle          Artichoke          Chanca Piedra/          Shatterstone          Red raspberry - N          Red clover - N          Iris</p>	<p><b>From our ancestors + experiences:</b></p>
	<p><b>Respiratory System</b>          Mullein - N          Comfrey          Burdock - N          Nettles - N          Red Clover - N          Violet - N          Astragalus</p>	<p>Marshmallow Rt - N          Peppergrass          Fo Ti          Euphorbia          Iris          Umckaloabo/kaloba/          umcka</p>	<p><b>From our ancestors + experiences:</b></p>
	<p><b>Musculoskeletal System</b>          Nettles &amp; Oatstraw - N          Solomon's seal          Comfrey - N          Mullein - N</p>	<p>Marshmallow root - N          Horsetail          Alfalfa - N</p>	<p><b>From our ancestors + experiences:</b></p>



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created + blessed by xóchicoatl of [la mala yerba](#)

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