

HERB	ACTIONS & USAGE	FORM & SUGGESTED DOSE	PRECAUTIONS
Cramp bark <i>(Viburnum opulus)</i>	Anti-spasmodic, anti-inflammatory, astringent. Useful for menstrual cramps and skeletal muscle tension.	Tea - Simmered: 1 heaping tsp/cup, 1-5x/day. Liquid Extract: 20-75 drops, 1-5x/day. Up to 1 tsp/hour or 15 drops every 15 minutes for severe cramps, as needed for several hours.	Anticoagulant drugs. Hypertension and pregnancy, except for threatened miscarriage.
Ginger Root <i>(Zingiber officinalis)</i>	Analgesic, anodyne, anti-inflammatory, anti-spasmodic, antiemetic, carminative, expectorant. One of the best all round herbs for your medicine chest. Helps relieve joint and muscle pain. Eases gas, bloating, flatulence, belching and nausea. Useful for fever, colds and flu with congestion.	For allergies, a simple inhalation of the essential oil, 3-4x/per day.	Pregnancy
Lavender Essential Oil <i>(Lavendula angustifolia)</i>	Analgesic, anti-spasmodic, relaxing nerve, anti-depressant, anxiolytic, mild sedative, antiseptic, anti-bacterial, anti-inflammatory, vulnerary. A must in every home medicine chest. Best used topically in dilution for muscle aches and pains, nervous tension and tension headaches, poor sleep. First aid for cuts, scrapes, insect bite, sunburn and burns.	Topically in proper dilution (1 - 5 drops per tsp of carrier oil or unscented lotion) As an inhalation: Place 1-2 drops on a tissue. Hold the tissue gently over your nose and breath calmly and deeply for 2-3 minutes. Repeat as needed.	Generally safe if used properly.
Passionflower <i>(Passiflora incarnata)</i>	Anti-spasmodic, relaxing nerve, sedative, anxiolytic. Useful for muscle tension related to stress and muscle pain. Relieves nervous tension, restlessness, worry and mind chatter. Helpful for poor sleep.	Tea – Steeped: 1-2 tsp/cup, 1-4x per day or 30 minutes before bedtime. Liquid Extract: 10-40 drops 1-4x/day or 30 minutes before bedtime.	Caution with sedative drugs and in pregnancy.
Turmeric Root <i>(Curcuma longa)</i>	Anti-inflammatory helpful for a wide range of inflammatory conditions and pain, especially joint pain associated with osteo- and rheumatoid arthritis.	Consume liberally in the diet or 1-2 tsp powdered root per day. Tea – Simmered: 1-2 tsp/cup, 1-4x. Liquid Extract: 20-40 drops, 1-4x/day.	Bile duct obstruction and pregnancy.