



# Wonderment Gardens Herbal Products

## Individual Tinctures and Plant Extracts

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**Arnica** (*Arnica montana*) Primarily for external use as a liniment to relieve the pain associated with inflammation, sprains, muscle soreness and bruising.

**Barberry Root** (*Berberis vulgaris*) has a specific action on the liver and spleen. Used to cleanse the blood of excess toxins and heal digestive mucosa. Useful for treatment of an enlarged spleen, hangover, chemical exposure, constipation, psoriasis, eczema, acne and other skin eruptions.

**Blessed Thistle**– (*Cnicus benedictus*) Primarily a bitter herb for the digestive system. Helps balance hormone levels in menopause and PMS and is used to increase lactation for new mothers.

**Blue Vervain**– (*Verbena stricta*) A gentle and safe sedative and diaphoretic in the early stages of simple viral infections. **Especially suitable for children.**

**Dandelion Root** (*Taraxacum officinale*) Clears obstructions and aids the liver to eliminate toxins from the blood, spleen, pancreas, bladder, gallbladder and kidneys. Helps remove and dissolve stones from the gallbladder, kidneys and bladder.

**Calendula** (*Calendula officinalis*) Best known for its wound-healing and anti-inflammatory properties, Calendula has been shown to enhance the regeneration of healthy tissue.

**Catnip** (*Nepeta cataria*) A classic children's remedy used to treat colds, flu, fever, anxiety, stomachache, restlessness, flatulence, diarrhea, colic and sore throat.

**Chamomile German** (*Matricaria recutita*) Calming, soothing and relaxing to almost every part of the body. Helps relieve gas and indigestion, decrease inflammation, and supports the nervous system. A nifty plant.

**Cleavers** (*Galium aparine*) Support for the lymph and urinary systems

**Echinacea** (*Echinacea angustifolia*) Boosts the immune system by acting on the white blood cells. Take at the first sign of a cold to reduce symptoms and shorten their duration.

**Grindelia** (*Grindelia squarrosa*) Take internally for any bronchial disorder with thick, viscous mucus and difficulty in expectoration. Take externally as a disinfectant wash and to speed healing.

**Milk Thistle** (*Silybum marianum*) Contains antioxidant and anti-inflammatory properties that work primarily on the liver and gall bladder protecting them from poisons of all kinds. Some researchers believe it may help the liver repair itself by growing new cells.

**Motherwort** – (*Leonurus cardiac*) An anti-spasmodic to relax smooth muscles, including the heart, decreases clotting and the level of fat in the blood, calms and slows heart palpitations and rapid heartbeat. Motherwort has a mildly diuretic affect, also aiding high blood pressure. A uterine tonic helpful for painful, spotty and later menses, menopause, and symptoms of PMS especially when associated with stress.

**Mullein Flower Tincture**– (*Verbascum thapsus*) Antiseptic and anti-viral used internally is used to treat swellings, and acts as a local anesthetic. Particularly indicated where severe pain is causing a sense of darkness, depression or hopelessness. A useful support for the respiratory system

**Mullein Leaf Tincture** - (*Verbascum thapsus*) Take a dropper full 2 to 3 times a day, for Endocrine stress or deficiencies, cough, cold, and lymph and lung congestion.

**Mullein Root Tincture** - (*Verbascum thapsus*) Take 30 to 60 drops up to three times per day to strengthen a weak urinary system and for the treatment of chronic kidney and bladder infections, benign prostatic hypertrophy, and incontinence.

**Nettle** (*Urticadioica*) A highly nutritive and astringent agent that is helpful for urinary systems, excessive bleeding, excessive menstruation, increasing milk production for nursing mothers, allergies, rheumatism, and hemorrhoids among other uses

**Oregon Grape Root** (*Mahonia repens*) Has a specific action on the liver and spleen. Is useful to cleanse the blood of excess toxins and heal digestive mucosa. Useful for treatment of an enlarged spleen, hangover, chemical exposure, constipation, psoriasis, eczema, acne and other skin eruptions.

**Passion Flower** (*Passifloraincarnata*) A sedative, nervine and antispasmodic specifically indicated for headache, insomnia, nervous tension, abdominal and pelvic spasms and pain.

**Rhubarb Root** (*Rheum officinale*) When taken internally in small doses, rhubarb acts as an astringent tonic to the digestive system, when taken larger doses rhubarb acts as a very mild laxative.

**Skullcap** (*Scutellaria lateriflora*) A tonic, nervine and antispasmodic herb indicated for any pain, myalgia, neuralgia, including insomnia, sciatica, teething, agitation, and tremors.

**UvaUrsi** (*Arctostaphylos uvaursi*) An astringent primary used to treat imbalances of the urinary system.

**Valerian Root** (*Valeriana officinalis*) Nervine and antispasmodic, valerian is indicated for nervous tension, temporal and frontal lobe headache, insomnia, hysteria with heart palpitations and skeletal and muscles spasms, especially when accompanied by coldness in the extremities. Large doses can cause agitation, excitement and giddiness.

**Yarrow Tincture** (*Achillea millefolium*) Made with the aerial parts of the plant. Yarrow contains flavonoids that increase saliva and stomach acid, helping to improve digestion. Yarrow may also relax smooth muscle in the intestine and uterus, to relieve stomach and menstrual cramps. Externally use as a wash for minor wounds.

**Yarrow Root** (*Achillea millefolium*) miraculously relieves pain and inflammation of toothaches and other painful conditions in the mouth such as abscesses, blisters and lesions.

**Wild Bergamot** (*Monarda fistulosa*) also known as Bee Balm and Oswego. Antiseptic, carminative, diaphoretic, diuretic and stimulant used to treat colds and flu, stomach upset, fever, sore throat, nausea, and difficulty sleeping. Externally use as a wash and wound dressing straight or diluted.

These products are not intended to be a substitute for professional medical advice.

**Only \$10.00 per ounce or \$16.00 for 2 Oz.**

**Specialty Blends Available by Appointment**

*Thank You for your Support & Business.*

*Annie & Daryl*

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