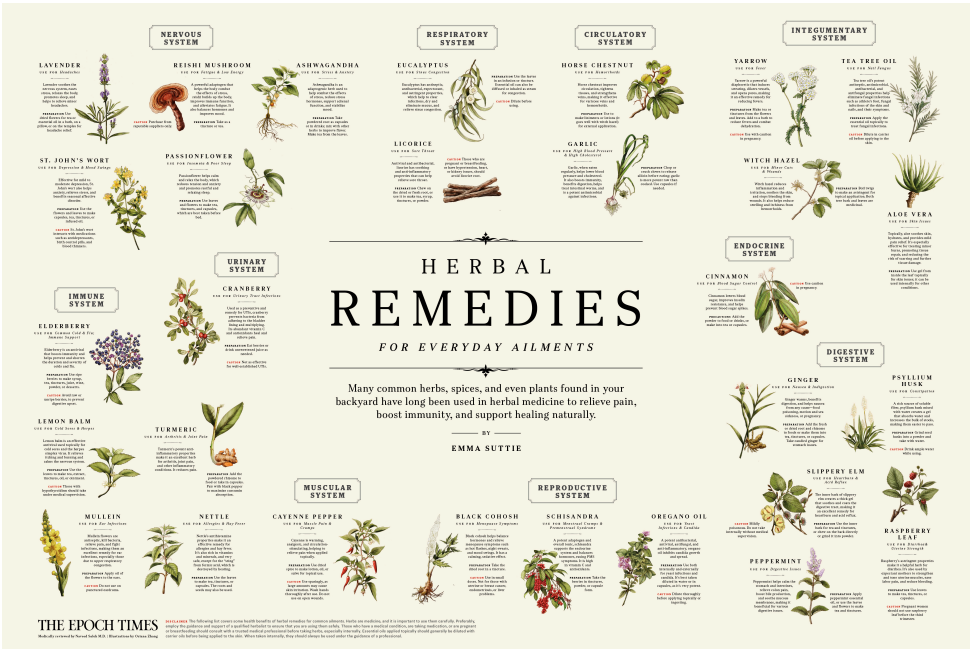
PREMIUM REPORTS

INFOGRAPHIC: Herbal Remedies for Everyday Ailments

Common herbs, spices, and plants found in your backyard have long been used in herbal medicine to naturally relieve pain, boost immunity, and support healing.

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Illustrations by Oriana Zhang

By Emma Suttie | May 03, 2025 Updated: May 06, 2025

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HERBAL REMEDIES

FOR EVERYDAY AILMENTS

Many common herbs, spices, and even plants found in your backyard have long been used in herbal medicine to relieve pain, boost immunity, and support healing naturally.

BY

EMMA SUTTIE

NERVOUS SYSTEM



LAVENDER

USE FOR *Headaches*

Lavender soothes the nervous system, eases stress, relaxes the body, promotes sleep, and helps to relieve minor headaches.

PREPARATION Use dried flowers for tea or essential oil in a bath, on a pillow, or on the temples for headache relief.



ASHWAGANDHA

USE FOR *Stress & Anxiety*

Ashwagandha is an adaptogenic herb used to help combat the effects of stress, reduce stress hormones, support adrenal function, and stabilize mood.

PREPARATION Take powdered root as capsules or in drinks; mix with other herbs to improve flavor. Make tea from the leaves.



PASSIONFLOWER

USE FOR *Insomnia & Poor Sleep*

Passionflower helps calm and relax the body, which reduces tension and anxiety and promotes restful and relaxing sleep.

PREPARATION Use leaves and flowers to make tea, tinctures, and capsules, which are best taken before bed.



ST. JOHN'S WORT

USE FOR *Depression & Mood Swings*

Effective for mild to moderate depression, St. John's wort also helps anxiety, relieves stress, and benefits seasonal affective disorder.

PREPARATION Use the flowers and leaves to make capsules, tea, tinctures, or infused oil.

CAUTION St. John's wort interacts with medications such as antidepressants, birth control pills, and blood thinners.

REISHI MUSHROOM

USE FOR *Fatigue & Low Energy*

A powerful adaptogen that helps the body combat the effects of stress, reishi builds up the body, improves immune function, and alleviates fatigue. It also balances hormones and improves mood.

PREPARATION Take as a tincture or tea.

CAUTION Purchase from reputable suppliers only.



MUSCULAR SYSTEM



ENDOCRINE SYSTEM



URINARY SYSTEM





CAYENNE PEPPER

USE FOR *Muscle Pain & Cramps*

Cayenne is warming, analgesic, and circulation-stimulating, helping to relieve pain when applied topically.

PREPARATION Use dried spice to make lotion, oil, or salve for topical use.

CAUTION Use sparingly, as large amounts may cause skin irritation. Wash hands thoroughly after use. Do not use on open wounds.



CINNAMON

USE FOR *Blood Sugar Control*

Cinnamon lowers blood sugar, improves insulin resistance, and helps prevent blood sugar spikes.

PREPARATION Add the powder to food or drinks, or make into tea or capsules.

CAUTION Use caution in pregnancy.



CRANBERRY

USE FOR *Urinary Tract Infections*

Used as a preventive and remedy for UTIs, cranberry prevents bacteria from adhering to the bladder lining and multiplying. Its abundant vitamin C and antioxidants heal and relieve pain.

PREPARATION Eat berries or drink unsweetened juice as needed.

CAUTION Not as effective for well-established UTIs.

CIRCULATORY SYSTEM



HORSE CHESTNUT

USE FOR *Hemorrhoids*

Horse chestnut improves circulation, tightens tissues, and strengthens veins, making it effective for varicose veins and hemorrhoids.

PREPARATION Use to make liniments or lotions (it goes well with witch hazel) for external application.

CAUTION Mildly poisonous. Do not take internally without medical supervision.



GARLIC

USE FOR *High Blood Pressure & High Cholesterol*

Garlic, when eaten regularly, helps lower blood pressure and cholesterol. It also boosts immunity, benefits digestion, helps treat intestinal worms, and is a potent antimicrobial against infections.

PREPARATION Chop or crush cloves to release allicin before eating; garlic is more potent raw than cooked. Use capsules if needed.

RESPIRATORY SYSTEM



EUCALYPTUS

USE FOR *Sinus Congestion*

Eucalyptus has antiseptic, antibacterial, expectorant, and astringent properties, which help to clear infections, dry and eliminate mucus, and relieve sinus congestion.

PREPARATION Use the leaves in an infusion or tincture. Essential oil can also be diffused or inhaled as steam for congestion.

CAUTION Dilute before using.



LICORICE

USE FOR *Sore Throat*

Antiviral and antibacterial, licorice has soothing and anti-inflammatory properties that can help relieve sore throat.

PREPARATION Chew on the dried or fresh root, or use it to make tea, syrup, tinctures, or powder.

CAUTION Those who are pregnant or breastfeeding, or have hypertension, heart, or kidney issues, should avoid licorice root.

IMMUNE SYSTEM







ELDERBERRY

USE FOR *Common Cold & Flu; Immune Support*

Elderberry is an antiviral that boosts immunity and helps prevent and shorten the duration and severity of colds and flu.

PREPARATION Use ripe berries to make syrup, tea, tinctures, juice, wine, powder, or desserts.

CAUTION Avoid raw or unripe berries, to prevent digestive upset.



LEMON BALM

USE FOR *Cold Sores & Herpes*

Lemon balm is an effective antiviral used topically for cold sores and the herpes simplex virus. It relieves itching and burning and calms the nervous system.

PREPARATION Use the leaves to make tea, extract, tinctures, oil, or ointment.

CAUTION Those with hypothyroidism should take under medical supervision.



MULLEIN

USE FOR *Ear Infections*

Mullein flowers are antiseptic, kill bacteria, relieve pain, and fight infections, making them an excellent remedy for ear infections, especially those due to upper respiratory congestion.

PREPARATION Apply oil of the flowers to the ears.

CAUTION Do not use on punctured eardrums.



TURMERIC

USE FOR *Arthritis & Joint Pain*

Turmeric's potent anti-inflammatory properties make it an excellent herb for arthritis, joint pain, and other inflammatory conditions. It reduces pain.

PREPARATION Add the powdered rhizome to food or take in capsules. Pair with black pepper to maximize curcumin absorption.

NETTLE

USE FOR *Allergies & Hay Fever*

Nettle's antihistamine properties make it an effective remedy for allergies and hay fever. It's also rich in vitamins and minerals, and very safe, except for the "sting" from formic acid, which is destroyed by heating.

PREPARATION Use the leaves to make tea, tinctures, or capsules. The roots and seeds may also be used.



DIGESTIVE SYSTEM



PSYLLIUM HUSK

USE FOR *Constipation*

A rich source of soluble fiber, psyllium husk mixed with water creates a gel that absorbs water and increases the bulk of stools, making them easier to pass.

PREPARATION Grind seed husks into a powder and take with water.

CAUTION Drink ample water while using.



RASPBERRY LEAF

USE FOR *Diarrhea & Uterine Strength*

Raspberry's astringent properties make it a helpful herb for diarrhea. It's also used by expectant mothers to strengthen and tone uterine muscles, ease labor pain, and reduce bleeding.

PREPARATION Use the leaves to make tea, extract, tinctures, oil, or ointment.

CAUTION Pregnant women should not use raspberry leaf before the third trimester.



SLIPPERY ELM

USE FOR *Heartburn & Acid Reflux*

The inner bark of slippery elm creates a thick gel that soothes and coats the digestive tract, making it an excellent remedy for heartburn and acid reflux.

PREPARATION Use the inner bark for tea and tinctures, or chew on the bark directly or grind it into powder.



GINGER

USE FOR *Nausea & Indigestion*

PEPPERMINT

USE FOR *Digestive Issues*



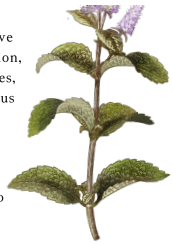


Ginger warms, benefits digestion, and helps nausea from any cause—food poisoning, motion and sea sickness, or pregnancy.

PREPARATION Add the fresh or dried root and rhizome to foods or make them into tea, tinctures, or capsules. Take candied ginger for stomach issues.

Peppermint helps calm the stomach and intestines, relieve colon pain, boost bile production, and soothe the mucous membranes, making it beneficial for various digestive issues.

PREPARATION Apply peppermint essential oil, or use the leaves and flowers to make tea and tinctures.



REPRODUCTIVE SYSTEM



BLACK COHOSH

USE FOR *Menopause Symptoms*

Black cohosh helps balance hormones and relieve menopause symptoms such as hot flashes, night sweats, and mood swings. It has a calming, sedative effect.

PREPARATION Take the dried root in a tincture.

CAUTION Use in small doses. Not for those with uterine or breast cancer, endometriosis, or liver problems.



SCHISANDRA

USE FOR *Menstrual Cramps & Premenstrual Syndrome*

A potent adaptogen and overall tonic, schisandra supports the endocrine system and balances hormones, easing PMS symptoms. It is high in vitamin C and antioxidants.

PREPARATION Take the berries in tinctures, powder, or capsule form.



OREGANO OIL

USE FOR *Yeast Infections & Candida*

A potent antibacterial, antiviral, antifungal, and anti-inflammatory, oregano oil inhibits candida growth and spread.

PREPARATION Use both internally and externally for yeast infections and candida. It's best taken diluted in water or in capsules, as it's very potent.

CAUTION Dilute thoroughly before applying topically or ingesting.

INTEGUMENTARY SYSTEM



YARROW

USE FOR *Fever*

Yarrow is a powerful diaphoretic that induces sweating, dilates vessels, and opens pores, making it an effective remedy for reducing fevers.

PREPARATION Make tea or tinctures from the flowers and leaves. Add to a bath to reduce fevers and combat dehydration.

CAUTION Use with caution in pregnancy.



WITCH HAZEL

USE FOR *Minor Cuts & Wounds*

Witch hazel reduces inflammation and irritation, soothes the skin, and stops bleeding from wounds. It also helps reduce swelling and itchiness from hemorrhoids.

PREPARATION Boil twigs to make an astringent for topical application. Both tree bark and leaves are medicinal.



TEA TREE OIL

USE FOR *Nail Fungus*

Tea tree oil's potent antiseptic, antimicrobial, antibacterial, and antifungal properties help eliminate fungal infections such as athlete's foot, fungal infections of



ALOE VERA

USE FOR *Skin Issues*

Topically, aloe soothes skin, hydrates, and provides mild pain relief. It's especially effective for treating minor burns, promoting tissue repair,



the skin and nails, and their symptoms.

PREPARATION Apply the essential oil topically to treat fungal infections.

CAUTION Dilute in carrier oil before applying to the skin.



and reducing the risk of scarring and further tissue damage.

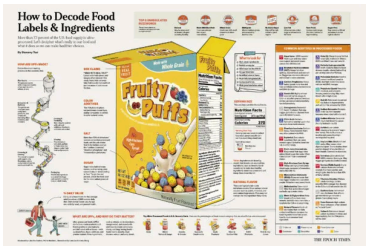
PREPARATION Use gel from inside the leaf topically for skin issues; it can be used internally for other conditions.

https://theepochtim.es/herbalremedies

DISCLAIMER disclaimer The following list covers some health benefits of herbal remedies for common ailments. Herbs are medicine, and it is important to use them carefully. Preferably, employ the guidance and support of a qualified herbalist to ensure that you are using them safely. Those who have a medical condition, are taking medication, or are pregnant or breastfeeding should consult with a trusted medical professional before taking herbs, especially internally. Essential oils applied topically should generally be diluted with carrier oils before being applied to the skin. When taken internally, they should always be used under the guidance of a professional.

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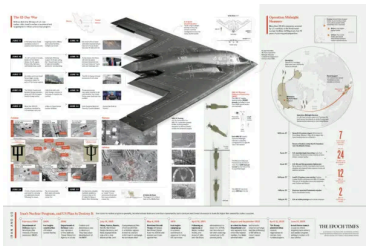
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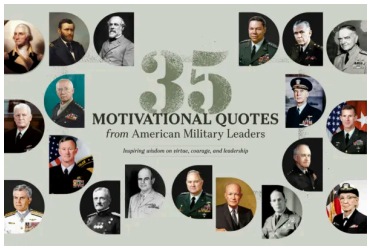
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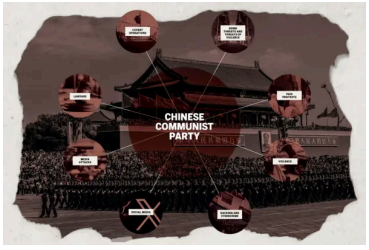
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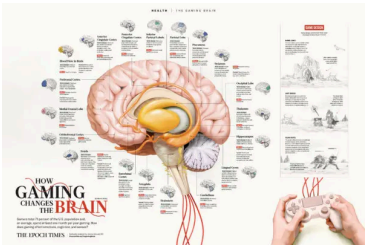
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