

Practicing as a Clinical Herbalist at a Free Clinic

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Introduction

Here are some of the considerations for herbalists interested in working in free or low-cost integrated clinics. There are a number of challenges facing the clinical herbalist working in these situations. These include: financial considerations, acquiring donations and equipment, storing medicines, patient compliance, working alongside other practitioners, working with patients new to herbal medicine, along with many other details.

These notes are based on my working at the Ithaca Free Clinic, where I have been involved in planning and clinical practice since 2005.

It is very rewarding to make herbal medicine accessible for those who may otherwise have difficulty finding these types of services and medicines. I hope this inspires other herbalists to reach out to their communities.

Planning and Setting Up Considerations

Setting up a clinic can be a formidable task, which can be made easier by working with a team of people with different skill sets. It is important to make sure that everyone involved has the same basic idea of what the clinic will look like and who it will serve. Compromises will have to be made, so as long as the final goal is similar, individual adjustments can be made to bring the clinic to fruition.

Early stages

1. Who will be involved in the early stages of planning the clinic?
 - Do you share a similar vision of what the eventual clinic will look like and who it will serve?
2. What types of people are you looking to work with for organizing, planning, and practicing?
 - Do you have a varied team able to concentrate on different aspects of setting up a clinic?
3. How will you structure your meetings and committees?
4. How much time do you personally have to commit to this project?
5. What finances do you have available?
6. As there is no licensing for Western clinical herbalists in the US, this should be addressed early on, as some people might find this an uncomfortable situation.

Location

There are several factors to consider when deciding where to have the clinic, each having advantages and disadvantages. Having the clinic in a building offers a steady location and gives a sense of continuity. But it also means rent, and while accessible to some, it may be hard to get to for others. A street (pop-up) clinic provides the opportunity to bring the medicines to different populations and allows mobility as things change. But it also means a lot of set up for each clinic, limitations on how much you can bring with you, and weather may be a factor. Another possibility is a roving clinic with distinct locations in various centers, where the practitioners come on a regular basis. This makes it easy to reach people in far-flung areas, but again, it makes it more difficult to bring all your supplies with you.

1. Will the clinic be stationary (located in a building), roving (pop-up), or held in different locations?
2. How will you and others access your supplies if there is not a central clinic location?
3. Will the clinic be easily accessible by public transportation?
4. Are there physical obstacles (e.g., stairs) that may make it more difficult for individuals to gain access to the clinic?

Storage and Dispensing of Herbal Medicine

A major consideration with herbal medicines is the amount of space they take up, and some items need to be kept in regulated conditions. As you acquire herbs and herbal preparations, they will need to be stored somewhere, either at the clinic or off-site.

1. Herbal medicines can take up a lot of room, particularly large bags of dried herbs, which also need to be protected from light and heat.
2. If you are working at a clinic, where will you be storing and distributing your medicines?
3. Will you keep all or part of the herbal medicines at the clinic, or will some be kept off-site, such as at a home?
4. If they are off-site, how will practitioners access them?
5. Will you be preparing the medicines on-site for the patients, or will they be prepared elsewhere?
6. If they are made off-site, how will the patients know where and how to pick them up?

Working with Other Practitioners

1. It is helpful to understand the basics of other types of health care practices and gain an understanding of their diagnostic and treatment strategies.
 - Understanding the basics of other modalities also helps with making patient referrals and suggestions.

2. Spend time with the practitioners you work with to know their specific strengths and to be able to refer in-house.
 - This is also an opportunity for them to learn more about herbalists and herbal medicine in general, as well as what you offer as a clinical herbalist.
3. Practitioners generally share information and files with each other; consider this when writing up your patient visits.
 - Is the language you use helpful for other practitioners reading your notes?
4. Herb/drug interactions are a major concern for many health care practitioners.
 - It may be helpful to discuss possible interactions between herbal medicine and medications with practitioners early on.
 - Listen to their concerns, address them realistically, and let them know you understand their apprehensions and that you also want to keep all patients healthy and safe.
5. Be open to new ideas, and reconsider any 'herbal doctrines'.
6. Will health care practitioners have meetings to collectively discuss patients?
 - If so, will there be a format to allow all practitioners to have a say in each patient's care?

Finances and Donations

Financing the herbal medicines is one of the biggest obstacles in working in a free or low-cost clinic. There are ways to reduce costs, such as gathering and preparing your own herbal medicines. But this can be time-consuming, and there are still the costs of menstruums and other supplies. Eliciting donations can be an important part of maintaining an herbal clinic.

1. How will you fund your services and medicines for the clinic?
2. What type of donations are you looking for: medicines, equipment, money, or other items?
3. How do you plan to search for the donations?
4. Who will be the person(s) reaching out for donations?
5. Who will keep track of and hold onto the donations?
6. What resources do you already have to reach out for donations?
7. How to contact organizations and individuals looking for donations.

Free Clinic Equipment

This does not include medicine-making equipment, only the tools and equipment you might use depending on your clinic space. It can be fairly inexpensive to start, as you may already own some of these, and there are inexpensive usable versions for most of these items.

1. Laptop
 - Organizing and categorizing medicines-keeping inventory

- Printing labels
 - Keeping patient and other notes
 - Internet connection-this can be helpful for personal use (finding information) and also to show patients how to search for information and to purchase herbs online.
2. Calculator-for figuring out formulas.
 3. Dispensing equipment
 - Bottles-various sizes for liquid medicines
 - Bags-for teas and powders
 4. Labeling equipment
 - Label printer (and software)
 - Labels
 5. Notebook/paper-for practitioner and patients
 6. Shelves
 7. Measuring equipment
 - Measuring cups-large and small
 - Scale
 8. Demonstration equipment
 - French press
 9. Shelves
 10. Storage areas on-site and off-site
 11. Signage
 12. Brochures-see 'education'

Skills

This is a list of some of the skills and qualities that are useful for the practicing herbalist.

1. Assessment
2. Clinical experience
3. Counseling skills
4. Dedication to the clinic and patients
5. Desire to further knowledge
6. Formulation
7. Humility
8. Lack of dogma
9. Physiology and pathophysiology
10. Specific plants knowledge
11. Treatment strategies
12. Understanding medicines, diagnosis, and treatment of other modalities

Scheduling

1. How long will you be seeing each patient?
 - How long will you see them initially
 - How much time per consultation will there be for future visits?

- In general, I see new patients for 1 hour (40 minutes with the patient and 20 minutes to make medicine)
 - Half-hour with follow-ups (20 minutes for patient, 10 minutes to make medicines)
2. Who will schedule appointments?
 - Will there be a way to remind patients?
 3. How often will you be seeing each patient?
 4. How long will it take you to prepare the medicines, and will this be factored into the consultation time?
 5. How much time will be spent explaining how to take the herbal medicines?

Record keeping and Inventory

1. Record keeping
 - How will you keep files and records with each person?
 - Who will see your intake, file, and records?
 - Will you be using electronic or paper records?
 - If you are using electronic health records, how will you fit herbal medicines into the static categories?
 - It is important to keep accurate patient records.
 - This is to gain information from past consultations and medicines you prepared
 - Keep accurate records of previous medicines.
 - Use the botanical names of the plants along with which parts were used and the percentage of each part in a formula.
 - This makes it possible to refill past medicines and to make adjustments to previous formulas.
2. Inventory
 - It is helpful to have a list of all the plants and medicines you have on hand when preparing medicines.
 - How will you keep a running inventory of herbs and other supplies?
 - Will there be a way to know how and when to order more?

Patient Compliance

This is one of the herbalist's greatest challenges, especially when working with people who are new to herbal medicine. Many aspects of herbal medicine are outside the current sphere of people's medical experiences. Two major considerations are the consultation and the herbal products themselves. The basic question for the herbalist is, how can we make it reasonably easy for each patient to take their herbal medicine(s)? The following focuses on the medicine aspect of patient compliance.

1. A thought experiment
 - Consider how patients new to herbal medicine currently take their medications.

- They are likely small, tasteless pills, often taken just once a day, that are easily carried around and inconspicuously ingested.
 - Now think about what you will be giving them and the potential strangeness of the preparation and the way they take it.
 - It will often have a strong flavor that many people will not like, and be in an unfamiliar form, such as a tincture.
 - With liquid medicines from bottles, dosages can be confusing, i.e., what is a dropperful?
 - Herbal medicines such as tinctures and teas can be bulky to carry around and conspicuous to take.
 - If it is a tea, it will take some time to prepare and clean up.
 - This is not to discourage the use of herbal medicine, but to do an internal role reversal to understand a patient's possible reluctance to their herbal medicines.
2. It is important not to overwhelm individuals with too many medicines, especially in initial consultations.
 - Even if a number of medicines may be useful, it might be helpful to start with just the ones you both deem most important at this time.
 3. Factoring individual dosage: frequency and quantity
 - How much (quantity) and how often (frequency) are two considerations for each medicine given out.
 - When deciding on dosage, especially frequency, ask the patient if they can take the medicine in the way you think might be best for them and then listen to their reply.
 - For instance, taking a tincture 3 times a day would be a useful dosage, but they may say that is too frequent. You can alter their dosage to make it easier for them to take.
 - It is better that they take it one time a day than not at all if given an unrealistic, unfollowable dosage guideline.
 4. It is often easier to take all medicines at the same time.
 5. It is important that the directions are easily understood.
 - There should be time in each consultation (especially the initial ones) to go over how to take the individual medicines.
 - The directions on the label should be clear and easy to understand.
 - Before they leave, ask each person if they fully understand the directions.
 - Go over anything that seems worth repeating.
 6. Tinctures and alcohol
 - Before administering tinctures to any patients, it is essential that you ask if alcohol is acceptable to take internally.
 - Many people do not know what a tincture is, and so do not equate it with alcohol.
 - There are numerous reasons that people do not ingest alcohol; one important one is that they may have addiction issues with alcohol, and even very small amounts can be problematic if staying sober.

- There are also religious and spiritual reasons that people do not ingest alcohol.
 - Other people just do not like the taste or effect of alcohol.
 - Let patients know how much alcohol per tincture dose they will be taking, as they might think they will be taking enough alcohol to impair their cognitive abilities, and not realize a much smaller amount is generally ingested per tincture dose.
7. Flavor
 - Let people know that their medicines might be strong tasting and ask whether that is acceptable.
 - Let them know that they can dilute them with other beverages.
 - There is no easy fix for this, as plants intrinsically have flavor.
 8. Dropperful
 - With each patient, use a visual demonstration and explain what you mean by a 'dropperful'.
 9. Tea
 - Do they like drinking tea?
 - Do they have access to a stove and other tea making equipment?
 - Are they willing to take the time to prepare and clean up tea?
 - Do they need other equipment, such as a French press?
 - Provide two separate bags of tea: one for the amount they will be preparing (i.e., enough tea for a quart) and another, larger bag with the rest of the tea.
 - They can keep the smaller bag as an example of how much per preparation, so that they don't need a scale or other measuring equipment.
 10. Brochures for uncommon preparations
 - If dispensing preparations such as compresses, oils, salves, or powders, have brochures detailing how to take and use them.

Common Reasons for Low Compliance

1. Confused about how to prepare the medicine
2. Confused on the dosage; how much to take and how often
3. The flavor is too unpleasant
4. They may not have time to prepare tea or take a medicine throughout the day.
5. They may feel it is not helping
6. As symptoms lessen, they may cut down or stop taking a long-term remedy
7. Their interest may wane
8. They may not be able to afford the medicine(s)
9. They may not have access to the herbal medicines
10. They may not be sure why they are taking a specific medicine and are having difficulty finding this information.

Patients Preparing Herbal Medicines

While some patients may want to prepare their own medicines, most people are seeing an herbalist for treatment and medicines. This is an important concept, as herbal remedies are more affordable and accessible if people make their own medicines. This section is divided into two parts. The first is how this concept is unreasonable for most individuals, and then some ideas for people who would like to make their own.

1. Are they interested in preparing their own medicines?
2. Is asking them to make their own medicine going to add more stress to their lives?
3. While plants can be gathered to make herbal preparations, this is not an option for most people.
4. Reasons include
 - Learning plant identification
 - Learning how to wildcraft and process plants
 - Having the tools and the physical strength to gather plants
 - Living somewhere where they have access to gatherable plants
5. If people are interested in gathering plants and making their own medicines
 - You can personally help them learn the necessary skills, or you can set them up with other knowledgeable folks who can show them what grows nearby and how to gather and prepare plant medicine.
 - I have set this up with my students, and it is helpful for both persons. The student acquires teaching experience while the patient learns how to make medicine.

Counseling Skills/The Consultation

1. Patient Safety
 - Trust and confidentiality are foundations of health care practice.
 - Each patient should feel supported, seen, and heard
 - Does the patient have safe housing and adequate food
2. Networks
 - It is helpful to know local agencies and services
 - Will the patient need help navigating the health care system, such as getting lab tests or seeing other health care providers
 - Do they have other social services needs, such as counseling, harm reduction, or legal help
3. Personal boundaries are important in establishing relationships with patients.
 - If the practitioner becomes too empathic to the patient's situation, it could lead to a role reversal where the patient feels like they need to take care of the practitioner.

- If this is someone you think you may see out of the office, especially if they are in your social circles, it can be helpful to describe what this interaction might look like in this situation.
 - You may let them know that you will not ask them about their health or indicate in any way that you have seen them in the clinic, and that this is due to maintaining confidentiality.
4. Explaining herbal medicine to new patients
 - If appropriate, ask what they expect and what they have heard about herbal medicine and herbalists.
 - This can help demystify the experience.
 - This is a good starting point to let them know how you practice herbal medicine.
 - Herbal medicine is often described in polarizing terms: it is good for you (better than drugs), or it is bad for you, and it will interfere with your medications and other medical treatments.
 - It can be helpful to describe herbal medicine as one more type of medicine, with places where it is very helpful, places where it supports other therapies, and situations where it may not be as useful.
 4. It is important to determine the best options for an individual's health, whether from one's own skills, another herbalist, or a different modality.
 5. Try to listen more than you talk; this gives patients more space to talk about themselves.
 6. Possible complications
 - There are situations that can be uncomfortable during a consultation, and the herbalist's response should be adjusted for each individual.
 - Even if there are doubts about part of a patient's health history, the goal remains the same: to help them with their health.
 - What to believe about your patient's health and story
 - What to do when their labs are negative
 - What if your assessment differs from theirs
 - What to do when the patient seems to need conventional medicine, but they refuse to see a doctor.
 7. Counseling skills
 - Learn to pronounce their names properly. What do they want to be called? Ask if unsure.
 - It can be helpful to use a general opening line such as "How can I help you?" to allow the patient to lead the discussion.
 - Active listening and thoughtful questioning
 - Attention to body language (yours and theirs)
 8. Herbalist questions may seem out of place or intrusive
 - We can explain how seemingly unrelated aspects may affect each other, such as digestive problems and headaches, hence the choice of our questions.

- Letting patients know they don't have to answer any questions that are too personal or make them feel uncomfortable
9. Helping patients sort through their supplements (including OTC medicines, herbs, vitamins, supplements, and other products).
 - People often take multiple supplements and aren't sure which ones are helping.
 - This can be a money drain, and some supplements may not be helpful or even potentially harmful.
 - If they are interested, they can either discuss all their supplements or bring them in, and the two of you can discuss which ones may be more important and which ones can be dropped.
 10. Patient suggestions
 - It is important to suggest lifestyle changes tailored for the individual, including food choices and exercise.
 - Patients often feel guilty about not doing yoga, meditation, or other current trends. These can be helpful, but they should know they are just one of many ways to help maintain physical and emotional health.

Educating patients

1. There is a fine line between educating and over-informing.
 - Watch, listen, and ask to make sure your patient is getting the right amount of information for them to take in.
2. Discuss why you are asking certain questions and making specific recommendations.
 - This opens up opportunities for them to learn more about how you perceive their health issues and also opens up a chance for them to ask further questions.
3. Helping patients navigate the health care system
 - This could be by helping them find insurance, medications, other practitioners, lab tests, and other ways to increase their health.
 - This is done with a network of people you know who may have different types of information to help with these considerations.
4. Have brochures explaining various aspects of herbal medicine.
 - General information about herbal medicine
 - How you practice as an herbalist
 - How to prepare various forms of herbal medicine
 - Specific protocols for commonly seen health issues
 - Clinic details, such as how to get refills or schedule further appointments
5. Explain dosages with each new patient.
 - Use visual aids.
 - Use a dropper to show what you mean by a 'dropperful'.
 - Use a French press to describe how to use one properly. You don't have to make the tea, but show and describe the process.

- These explanations can be offered for each new type of herbal preparation.
6. Be a bridge for your patient between conventional and holistic medicine.
 - If they ask about their medications, medical procedures, or lab results, it can be helpful to explain each medication in a way that allows them to understand how and why they are taking them.
 7. Explaining herbal medicine as seen in the popular press
 - It can be helpful to explain how marketing often oversimplifies the actions of various herbal medicines, and how your treatments may differ from the ways some popular remedies are presented.
 8. Consider your word choices when discussing their health condition or why you are choosing certain herbal medicines and treatments.
 - Is your language accessible and understandable?
 9. Helping people to understand the possible causes of their symptoms and/or health issues.
 10. Suggest resources such as books, Internet sites (websites and groups), and other practitioners.
 11. Help people navigate the web and search for information or products online if this is something they are unfamiliar with.

Treatment Considerations

1. Logistics
 - How often will the patient have to return for consultations or medicines?
 - How many medicines will each patient receive?
 - Is there a way for them to get in touch with you or someone knowledgeable if they have any questions?
 - Depending on the medicine and patient, let them know they can alter their dosage and/or stop taking it if they experience adverse effects.
 - If they are taking more than one medicine, it may be easier to have all of them taken at the same time.
2. Will you be providing all their short or long-term medicines, or will they also be getting them elsewhere?
 - If they plan to get their medicines elsewhere, can you guide them on how and where to obtain them?
3. It is helpful to initially start with just one or a few preparations, especially for those new to herbal medicine.
 - This can help people adjust to these new types of medicines and feel comfortable taking them.
4. Are they currently on any medications?
 - Might there be interactions between their various medicines?
 - These include pharmaceuticals, herbal remedies, and/or supplements.
 - Can you fit herbal medicines and treatment strategies into already established routines for the patient?

- If they are taking medications, it might be easier if they take the herbal remedies at the same time (as long as they don't interfere with their other medicines).
5. Tailor recommendations for the individual
 - Including herbal medicines, food choices, exercise, stress management, and other ways of being alive.
 - How might herbal medicine interact with other treatment modalities (i.e., physical therapy, acupuncture)?
 6. Before preparing an individual's medicines, let them know about each type of medicine you are preparing.
 - Do they want to take the types of medicines and preparations?
 - Can they take them with the frequency you are suggesting?
 - If they are not interested in using a specific type of medicine, avoid giving it to them.
 - Having a medicine they will not take is not helpful for you or them.

Affordability and Accessibility Considerations

Affordability and accessibility are two important factors to consider as an herbalist. Herbal medicines can be expensive and difficult to find. Other options should be compared. If they have insurance (and a prescription), pharmaceuticals can be less expensive and are widely available. While one may be preferable than another, the ability to find and purchase them is paramount to this decision.

1. If you work in a low-cost clinic, are the medicines you are recommending within the patient's means?
2. If the patient is going to get their medicine or treatments outside of the clinic
 - Are the recommendations obtainable and within their financial means?
 - What are the comparative costs of herbs versus conventional medicines?
3. Does the patient have insurance, and how will this affect your recommendations?
4. As a practitioner, how will you be able to afford the medicines to give to patients?

Common Health Conditions Seen at the Ithaca Free Clinic and a Few Associated Medicinal Plants

1. **Allergies**-Ambrosia, Euphrasia, Lobelia, Glycyrrhiza, Solidago, Urtica
2. **Anxiety**-Anemone, Ocimum, Piper, Passiflora, Verbena, Ocimum, Rosa, Humulus, Leonurus
3. **Arthritis**-Harpagophytum, Curcuma, Capsicum, Tanacetum, Glycyrrhiza,
4. **Asthma**-Lobelia, Inula, Thymus, Euphrasia, Glycyrrhiza
5. **Autoimmune**-Withania, Glycyrrhiza, Ganoderma, Trametes
6. **Cardiovascular**-Crataegus, Glycyrrhiza, Gingko, Aesculus, Hibiscus, Capsicum, Zanthoxylum

7. **Chronic ailments**-Individual treatment
8. **Cognitive disorders**-Acorus, Centella, Ginkgo, Rosmarinus, Capsicum
9. **Connective tissue**-Centella, Polygonatum, Capsicum, Zanthoxylum, Salix, Betula
10. **Depression**-Melissa, Hypericum, Albizia, Ocimum, Rosa
11. **Dermatological**-Calendula, Zanthoxylum, Stellaria, Quercus, Symphytum, Arctium, Rumex
12. **Diabetes**-Berberis, Cinnamomum, Curcuma, Oplopanax
13. **Digestive**-Berberis, Gentiana, Althaea, Ulmus, Nepeta, Matricaria, Filipendula, Foeniculum
14. **Diuretics**-Taraxacum, Eutrochium, Urtica, Hydrangea
15. **Fatigue**-Rosa, Ocimum, Withania, Eleutherococcus, Panax,
16. **General health concerns**-Individual treatment
17. **Gynecological**-Paeonia, Vitex, Actaea, Artemisia, Angelica, Dioscorea
18. **Headaches**-Tanacetum, Lobelia, Stachys, Glycyrrhiza, Valeriana, Piscidia, Verbena
19. **Hepatic**-Taraxacum, Gentiana, Silybum, Cynara, Berberis, Rumex, Chionanthus, Iris, Chelidonium
20. **Idiosyncratic health conditions**-Individual treatment
21. **Immunological**-Astragalus, Ganoderma, Echinacea, Phytolacca, Ceanothus, Withania
22. **Inflammation**-Curcuma, Glycyrrhiza, Salix, Zingiber, Betula, Arnica, Hypericum
23. **Infection**-Propolis, Commiphora, Larrea, Berberis, Echinacea
24. **Lyme**-Berberis, Ceanothus, Withania, Fallopia, Curcuma, Echinacea
25. **Pain**-Garrya, Piscidia, Scutellaria, Humulus, Actaea, Pedicularis, Valeriana, Lactuca, Lactuca
26. **Prostate**-Serenoa, Urtica, Hydrangea, Eutrochium, Berberis
27. **Respiratory**-Achillea, Ligusticum, Eupatorium, Baptisia, Echinacea, Berberis, Prunus
28. **Sleep**-Humulus, Piscidia, Valeriana, Stachys, Piper
29. **Undiagnosable or untreatable conditions**-Individual treatment
30. **Urinary tract/Renal**-Taraxacum, Urtica, Hydrangea, Arctostaphylos, Zea, Achillea, Equisetum

Useful Medicinal Plants

1. **Anemone**-Anemone species
2. **Ashwagandha**-Withania somnifera
3. **Astragalus**-Astragalus propinquus
4. **Barberry**-Berberis thunbergii
5. **Betony**-Stachys officinalis
6. **Black birch**-Betula lenta
7. **Black cohosh**-Actaea racemosa
8. **Blue vervain**-Verbena hastata

9. **Boneset**-*Eupatorium perfoliatum*
10. **Burdock**-*Arctium* species
11. **Calamus**-*Acorus calamus*
12. **Calendula**-*Calendula officinalis*
13. **California poppy**-*Eschscholzia californica*
14. **Catnip**-*Nepeta cataria*
15. **Cayenne**-*Capsicum annuum*
16. **Chamomile**-*Matricaria chamomilla*
17. **Cinnamon**-*Cinnamomum* species
18. **Corn silk**-*Zea mays*
19. **Crampbark**-*Viburnum opulus*
20. **Cranberry**-*Vaccinium* species
21. **Damiana**-*Turnera diffusa*
22. **Dandelion**-*Taraxacum officinale*
23. **Devil's claw**-*Harpagophytum procumbens*
24. **Devil's club**-*Oplopanax horridum*
25. **Don quai**-*Angelica sinensis*
26. **Echinacea**-*Echinacea purpurea*
27. **Eleuthero ginseng**-*Eleutherococcus senticosus*
28. **Eyebright**-*Euphrasia* species
29. **Feverfew**-*Tanacetum parthenium*
30. **Gentian**-*Gentiana* species
31. **Ginger**-*Zingiber officinale*
32. **Ginkgo**-*Ginkgo biloba*
33. **Ginseng**-*Panax quinquefolius*
34. **Goldenrod**-*Solidago* species
35. **Gotu kola**-*Centella asiatica*
36. **Hawthorn**-*Crataegus* species
37. **Hibiscus**-*Hibiscus sabdariffa*
38. **Hops**-*Humulus lupulus*
39. **Horse chestnut**-*Aesculus hippocastanum*
40. **Jamaican dogwood**-*Piscidia piscipula*
41. **Japanese knotweed**-*Fallopia japonica*
42. **Joe pye weed**-*Eutrochium maculatum*
43. **Kava kava**-*Piper methysticum*
44. **Lavender**-*Lavandula* species
45. **Lemon balm**-*Melissa officinalis*
46. **Lemon verbena**-*Aloysia citrodora*
47. **Licorice**-*Glycyrrhiza* species
48. **Lobelia**-*Lobelia inflata*
49. **Lousewort**-*Pedicularis* species
50. **Ma huang**-*Ephedra* species
51. **Marshmallow**-*Althaea officinalis*
52. **Meadowsweet**-*Filipendula ulmaria*

53. **Mimosa**-*Albizia julibrissin*
54. **Motherwort**-*Leonurus cardiaca*
55. **Myrrh**-*Commiphora molmol*
56. **Nettles**-*Urtica dioica*
57. **Oak**-*Quercus* species
58. **Oregon graperoot**-*Berberis* species
59. **Osha**-*Ligusticum porteri*
60. **Passionflower**-*Passiflora incarnata*
61. **Peony**-*Paeonia californica*
62. **Peppermint**-*Mentha x piperita*
63. **Prickly ash**-*Zanthoxylum clava-herculis*
64. **Propolis**-*Propolis*
65. **Ragweed**-*Ambrosia artemisiifolia*
66. **Raspberry**-*Rubus idaeus*
67. **Redroot**-*Ceanothus americanus*
68. **Reishi**-*Ganoderma tsugae*
69. **Rose**-*Rosa* species
70. **Rosemary**-*Salvia rosmarinus*
71. **Saw palmetto**-*Serenoa repens*
72. **Schisandra**-*Schisandra chinensis*
73. **Silk tassel**-*Garrya* species
74. **Skullcap**-*Scutellaria lateriflora*
75. **Slippery elm**-*Ulmus rubra*
76. **Solomon's seal**-*Polygonatum* species
77. **St. Johnswort**-*Hypericum perforatum*
78. **Stoneroot**-*Collinsonia canadensis*
79. **Tulsi**-*Ocimum tenuiflorum*
80. **Turmeric**-*Curcuma longa*
81. **Uva ursi**-*Arctostaphylos uva-ursi*
82. **Valerian**-*Valeriana officinalis*
83. **Vitex**-*Vitex agnus-castus*
84. **Wild cherry**-*Prunus serotina*
85. **Wild hydrangea**-*Hydrangea* species
86. **Wild indigo**-*Baptisia tinctoria*
87. **Wild lettuce**-*Lactuca* species
88. **Wild oats**-*Avena sativa*
89. **Wild yam**-*Dioscorea villosa*
90. **Willow**-*Salix* species
91. **Yarrow**-*Achillea millefolium*
92. **Yellow dock**-*Rumex* species
93. **Yerba mansa**-*Anemopsis californica*
94. **Yerba santa**-*Eriodictyon* species