



## Descriptions of Herbs and Oils used in Earthly Herbals Products

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### HERBS

#### Burdock root (*Arctium lappa*)



Native Americans were known to use the whole plant as food, boiling the root in maple syrup (which made it like candy) so that it could be stored for longer periods of time. Noted 17th century herbalist Nicholas Culpepper said that it was good for 'old ulcers and sores', as well a treatment for someone bitten by a rabid dog. In China it is used as an aphrodisiac and for impotence. There is considerable evidence in the scientific literature that burdock root tea is a powerful anti-inflammatory remedy. Its numerous antioxidants protect the liver from toxic chemicals, allowing it to process the body's naturally occurring steroids which are helpful in achieving hormonal balance. A mildly bitter herb, it stimulates the release of gastric juices and aids digestion. This combination of qualities explains its traditional use in treating acne, eczema, endometriosis, psoriasis, and uterine fibroids. The tea can also be used as a wash to treat skin infections, eczema, and psoriasis.

#### Calendula flower (*Calendula officinalis* LINN.)



The calendula is an annual flower native to the northern Mediterranean countries. Its name refers to its tendency to bloom with the calendar, usually once a month or every new moon. The term "marigold" refers to the Virgin Mary, and marigolds are used in Catholic events honoring the Virgin Mary. The Egyptians considered them to have rejuvenating properties. In the Hindu world, the flowers were used to adorn statues of gods in their temples, as well as a colorant in food, fabrics, and cosmetics, and of particular interest, in the 18th and 19th century calendula were used to color cheese. The calendula was originally used as food rather than as an herb. It adds flavor to cereals, rice, and soups. The petals can be added to salads. As recently as 70 years ago, American physicians used calendula to treat amenorrhea, conjunctivitis, fevers, cuts, scrapes, bruises, and burns, as well as minor infections of the skin.

Calendula creams and washes are still used to disinfect minor wounds and to treat infections of the skin. The antibacterial and immune-stimulant properties of the plant make it extremely useful in treating slow-healing cuts and cuts in people who have compromised immune systems. The herb stimulates the production of collagen at wound sites and minimizes scarring. Gargling calendula water may ease sore throat. Because of the vivid and brilliant color of calendula, it was thought by many to possess many powers for the protection and benefit of humans. One of the more outlandish claims was that wearing an amulet or necklace made of calendula petals, a bay leaf, and a wolf's tooth would ensure that any words spoken to the wearer would be kind, peaceful and honest. An often overlooked application of this herb is the treatment of post-mastectomy lymphedema. The herb will not reduce swelling, but it will reduce pain.

### **Chaparral** (*Larrea tridentata*)



Now found throughout the Southwestern US, chaparral actually originated in Argentina several thousand years ago. The stems and leaves of the bush are covered with a sticky resin that screens leaves against ultraviolet radiation, reduces water loss, and poisons or repels most herbivores. This resin is used in herbal medicine and to protect wood from insects. It received its name "creosote bush" due to the smell that comes from it when it rains. It's extremely bitter taste keeps it safe from animals that would otherwise graze upon it. It is also regarded as one of the most adaptable desert plants in the world; it was one of the first to grow back in Yucca Flats after the 1962 nuclear bomb tests done there.

Chaparral contains lignin that is very similar to estrogen, giving it an effect on the skin similar to that of soy taken internally. Applied to the skin, chaparral can have a remarkable healing effect on eczema, herpes, cold sores, psoriasis, and contact dermatitis.

### **Comfrey leaf** (*Symphytum officinale*)



Comfrey leaf has a long history of use to promote the healing of bones and wounds, as well as internal use to treat a wide variety of ailments from arthritis to ulcers. Dioscorides recorded how it was used in treating the armies of Alexander the Great, and Pliny the Elder also makes mention of its great many uses. Its use in Chinese traditional medicine spans over 2000 years. All Materia Medica from the Middle Ages forward carried descriptions on the uses of comfrey. Comfrey baths were very common during the Middle Ages. They were especially popular with women who took them before they were married in order to repair their hymen and thus restore their virginity. Comfrey is widely known as "one of nature's greatest medicinal herbs", and has appeared in the U.S. Pharmacopoeia, as well as in herbals and compendiums around the world. Recently, reports of the toxic effects of pyrrolizidine alkaloids in comfrey have led some herbalists to be wary of using it internally. PAs in extremely large doses or over long periods of time may cause potentially fatal damage to the liver. Many leading herbalists and traditional healers question the warnings, pointing to laboratory tests that show only minute levels of PAs in random samples of comfrey preparations. One of the most common uses of comfrey leaf is in an

ointment or a poultice applied to sprains, broken bones and other wounds, where it promotes rapid healing of both skin lesions and bone breaks.

Research seems to bear out the claims for the healing properties of comfrey leaf. In one major European study, an ointment based on comfrey root proved more effective at relieving both pain and swelling in 142 patients with sprained ankles. In another study with over 300 participants showed that comfrey leaf treatments of varying types (ointments, salves, compresses and other topical applications), were very effective in treating eczema, dermatitis, viral skin infections and ulcers of the lower leg. More recent research in the United States has shown that allantoin, one of comfrey's main constituents, breaks down red blood cells, which could account for its ability to help heal bruises and contusions as well as promoting the growth of muscle, cartilage, and bone growth. With regards to the warnings that comfrey can cause cancer and liver disease, most herbal practitioners point out that those results were from studies that isolated the pyrrolizidine alkaloids and fed or injected them into animal subjects in doses far higher than any typical usage of comfrey leaf, and that comfrey leaf has been regularly ingested by thousands of people around the world without reported ill effects.

### **Comfrey root** (*Symphytum officinale*)



Comfrey is native to Europe and Asia, but now grows wild across North America, favoring shady, moist growing conditions. Its leaves and roots have been used in traditional medicine, both Western and Eastern, for nearly 2000 years. In fact, many of the oldest herbals refer to comfrey as one of the most useful herbs for healing of all sorts. The root was especially valued for the slick mucilage that lines the inside of the hollow, woody stem and root. Comfrey root was considered the "guardian of travelers" and was thought to impart safety to those who journey away from home or into foreign lands, specifically bards and minstrels. It was usually tucked away in a bag or suitcase to ensure protection. Some folklore also gives it the ability to ward off evil of unknown strangers. Because of concerns that the pyrrolizidine alkaloids sometimes found in comfrey root can damage the liver, products using comfrey root that are meant for ingestion are banned for sale in the U.S., Canada and several other countries. Ointments and oils containing comfrey are still allowed, and are used to promote rapid wound healing, including the healing of broken bones. There is a great deal of preliminary evidence that supports the traditional use of comfrey root as a topical application to speed healing, stop bleeding, prevent infection and relieve pain.

Comfrey root is used to relieve pain from blunt injuries, promote healing of broken bones, sprains and bruises, reduce swelling and edema, and encourage the rapid and healthy regrowth of skin and tissue cells. Because comfrey may contain PAs, which have caused cancer and liver damage in animal studies, and because the root contains it in higher concentration than the leaves, internal use is not suggested.

### **Elder flower** (*Sambucus nigra* LINN.)



European elder is a plant native to Europe, Northern Africa, and Western and Central Asia. Its flowers and berries have a long history of use in traditional

European medicine. Elder berries have also been used for making preserves, wines, winter cordials, and for adding flavor and color to other wines. Native Americans used the flowers, berries, and bark of elderberry trees to treat fevers and joint pain for hundreds of years, but elderberry's real claim to fame is as a cure for the flu. Israeli researchers have developed five formulas based on elderberry fruit that have been clinically proven to prevent and ameliorate all kinds of influenza.

Extensive research show that elder stop the production of hormone-like cytokines that direct a class of white blood cells known as neutrophils to cause inflammation, especially in influenza and arthritis. In addition, Elder increases the production of non-inflammatory, infection-fighting cytokines by as much as 10 times normal. Elder berries are known to be effective against eight strains of influenza. This suggests that elder be superior to vaccines in preventing flu, because flu vaccines are only effective against known strains of flu, whereas the virus is continually mutating to new strains. Vaccines have another draw back: over half of people who get them report side effects. Dr. Madeleine Mumcuoglu, of Hadassah-Hebrew University in Israel found that elderberry disarms the enzyme viruses use to penetrate healthy cells in the lining of the nose and throat. Taken before infection, it prevents infection. Taken after infection, it prevents spread of the virus through the respiratory tract. In a clinical trial, 20% of study subjects reported significant improvement within 24 hours, 70% by 48 hours, and 90% claimed complete cure in three days. In contrast, subjects receiving the placebo required 6 days to recover.

#### **Horsetail** (*Equisetum arvense*)



Horsetail has a recorded history going back to the Devonian period, almost 350 million years ago. The plant at that time was as tall as a modern palm tree. Horsetail, not to be confused with cat-tail, is possibly the most abundant source of silica in the plant kingdom, so much in fact that the herb can be used for polishing metal. It got the name "scouring rush" from this very application. It has had other uses during the ages including being used for kidney and bladder ailments, and as an ingredient in shampoos, skincare products, and in dietary supplements. It has been used as an American folk remedy for gout and gonorrhea, and in traditional Chinese medicine for dysentery with blood, sore throat, and malaria. Modern herbalists usually use it for kidney stones, urinary tract infections, inflamed prostates, and anemia. The German E commission describes its use for urinary tract problems and as a diuretic.

In very high doses, horsetail is sedative and anticonvulsant. The primary use of the herb, however, is as a diuretic. Gently stimulating increased urinary flow, horsetail helps "flush" infectious bacteria out of the bladder without altering the body's balance of electrolytes. The powdered form of the herb is better when electrolytes may be depleted. It's also the form of the herb being investigated as a treatment for age-related memory impairment.

#### **Myrrh Gum resin** (*Commiphora myrrha*)



With its smoky, earthy scent, myrrh has a long history as a favorite among all cultures going back to its first discovery in the far reaches of time. A native to Ethiopia and Somalia, it has been used as long ago as 3000 BCE by the Egyptians in embalming, and as an incense burned during cremations and funerals to disguise any foul odors up through the 15th century. Myrrh is said to be one of the key ingredients in the



mythical Egyptian perfume Kyphi. It has also been used to anoint kings, and scent fabrics for those traveling to holy places. Myrrh has had a great value throughout time; the Romans even valued it as much as gold, using it as security for monetary debts. Myrrh has been used traditionally for the treatment for spasms, infections, coughs, colds, failure of menstruation, and chronic fatigue. In Ayurvedic medicine, myrrh is a favorite addition to the rasayanas for rejuvenation and disease prevention, especially as a spring tonic.

Despite its long history, the use of myrrh has declined over the past few hundred years. Today myrrh is used a topical antiseptic for cuts, scrapes, scratches, and abrasions, and as an addition to toothpastes, mouthwashes, and gargles to control infections of the mouth and throat. In Chinese herbal medicine, it is included in formulas to treat uterine fibroids, although it is not used alone. The German E Commission's monograph states that it is good for the topical treatment of oral inflammations, and as an antiseptic.

### **Oregon Grape root** (*Mahonia spp*).



Oregon grape is a tall, evergreen, flowering shrub that grows among the firs, spruces, and pines of the mountainous American Northwest. The state flower of Oregon, Oregon grape bears fruit, but "grapes" is an inaccurate description. Oregon grape root is a useful substitute for goldenseal, which has been over harvested in the wild. It is not as fussy about its habitat than the closely related barberry, and easier to find. As a purely bitter herb, Oregon grape root is used easily with Traditional

Chinese Medicine, having the same function and only a little less potency than coptis. Like coptis, Oregon grape root is useful in treating the various symptoms of "damp heat," such as: ´ Abdominal fullness and distention ´ Constipation alternating with diarrhea ´ Foul-smelling loose stools, ´ General feeling of heaviness, ´ Nausea, ´ Reduced appetite, ´ Reduced thirst although with the sensation of dry mouth, ´ Sticky, thick, and yellow or green mucous discharges, ´ Watery, oozing skin eruptions, and ´ "Red" symptoms: red tongue, hot flushes, bad temper, rapid pulse. (Practitioners of Traditional Chinese Medicine are likely to note that Oregon grape root is less appropriate than coptis in treating syndromes in which there is a "deficiency of Yin," an inherent tendency to lose fluids.) Oregon grape root's best-researched application in modern herbal medicine, however, is in the treatment of chronic inflammatory skin conditions, such as psoriasis.

Traditional herbal medicine uses Oregon grape root to stop diarrhea. It slows the passage of stool through the small intestine, but it also keeps bacteria from implanting themselves in the lining. Oregon grape root may also give the immune system a mild boost by encouraging phagocytosis, the engulfing and digesting of bacteria by the white blood cells known as microphages. Oregon grape root and other herbs that contain berberine are scientifically proven to protect against bacteria, viruses, fungi, protozoans, helminthes (worms), and chlamydia. Conditions treated by Oregon grape root include bacterial diarrhea, intestinal parasites, and ocular trachoma. Oregon grape root may increase blood platelet counts and counteract the proliferation of cancerous tumors of the bladder and colon. It has a sedative effect on the smooth muscles lining the digestive tract and can relieve stomach cramps and abdominal pain. Why use Oregon grape root as a whole herb? Why not just take a berberine concentrate? Oregon grape root contains tannins that cross link proteins in the linings of the nose and throat, or in the digestive tract, to seal them against infection. The tannins may also explain the herb's usefulness in treating psoriasis, a condition characterized by the over-rapid multiplication of cells in the skin. In at least one clinical study, a cream containing Oregon grape root eased inflammation, irritation, and itching.

### **Pau de Arco** (*Tabebuia impetiginosa*)



One of the best known, but least understood, herbs from the Amazonian rainforest, Pau de Arco is a key ingredient in the tribal medicine chest, used as whole herb to treat infections, for pain, arthritis, fever, dysentery, and some reports suggest cancer. The Pau de Arco tree is a huge canopy tree that grows up to 125 feet high, with pink to violet colored flowers. Its history of use is thought to go back to the Incas, and several tribes have been using it to make bows for centuries. Several native names in fact mean "bow stick" or "bow stem".

The scientific study of Pau de Arco is still very preliminary. There is a great deal of practical evidence, however, that Pau de Arco can be used with success to treat colds, flu, sore throat, and yeast infections, and there is laboratory evidence that the herb contains compounds that protect against tropical diseases, specifically malaria, schistosomiasis, and tropical fevers. The herb is added to ointments to treat psoriasis, and taken orally to relieve ulcers.

### **Red Clover blossom** (*Trifolium pratense*)



Red clover is a perennial plant that grows wild in most temperate climates. It has been used medicinally to treat a wide variety of conditions, many of them having to do with reproductive functions and menopause. The plant itself has had many uses over the centuries. Pliny wrote that it was good for urinary tract infections if taken with wine. Druids believed that it could ward off evil spells and witches, while Medieval Christians believed that the three lobbed leaves were associated with the trinity and the four lobbed leaves as a symbol of the cross. Traditional Chinese medicine believed that it was a good tonic for colds, to purify the blood, and at one time burned it as incense. Native Americans used it

as a salve for burns, as well as for bronchial problems. While these uses are traditional, modern science has recently isolated isoflavones from red clover plants that are similar in shape and action to estrogen. Among its common uses are to relieve the symptoms of PMS in premenopausal women, and in place of hormone replacement therapy in menopausal women. Studies have suggested that red clover isoflavones are more effective in reducing heat flashes than pharmaceutical preparations, and can delay bone loss associated with osteoporosis. Red clover also appears to reduce the levels of LDL (bad) cholesterol, limit the progress of benign prostate hyperplasia and reduce the buildup of plaque that causes heart disease. Finally, red clover has been used topically to help treat psoriasis and other skin conditions, and promote healing in skin wounds while reducing infection.

Red clover may help reduce the effects of PMS and menopause and reduce the pain associated with menstrual periods. The estrogen-like action limits growth in benign prostate hyperplasia in men, and reduces the severity and frequency of hot flashes during menopause in women. Used topically, it promotes healing of skin wounds and conditions like psoriasis. Taking red clover may reduce the risk of heart disease and stroke by improving the cholesterol profile and toning the arterial walls, as well as by preventing the clumping of red blood cells that build up on the linings of arteries. The flowers are the most potent but are far harder to produce and the price reflects. A suitable alternative, although less potent, is the leaf and flower.

### **Slippery Elm bark** (*Ulmus rubra*)



The slippery elm is a large, deciduous tree that is native to North America from Texas to Manitoba, and from Florida to Quebec. When growing in well-drained soils, it can reach a height of 60 feet (20 meters). The inner bark of the branches is collected in spring for medicinal use. Slippery elm bark added to hot water has a slippery and mucilaginous consistency. Native Americans used soaked slippery elm bark as a natural bandage, allowing to dry over wounds. Many tribes also wrapped slippery elm around stored food to prevent spoilage. Slippery elm also served as a food during famine and for making porridge for small children and elderly persons.

Slippery elm poultices are a mainstay of herbal medicine for treating itchy, inflamed, or irritated skin as well as cuts, scrapes, scratches, and minor burns. The mucilage in slippery elm bark also relieves inflammation and irritation in the throat and urinary tract when the herb is taken as a tea or infusion. Slippery elm also helps neutralize excess stomach acid. Scientists believe that the mucilages activate a reflex that causes the stomach to secrete more of its own protective mucus. Slippery elm is used in natural medicine to treat chronic diarrhea, esophagitis, gastritis, peptic and duodenal ulcers, and ulcerative colitis. Clinical researchers at the University of Hawaii at Manoa recently tested slippery elm as a treatment for psoriasis, acting on a suggestion in a recorded reading by the clairvoyant Edgar Cayce. The scientists found that a diet of fresh fruit and vegetables, small amounts of protein foods, and slippery elm bark with avoidance of red meat and processed foods reduced the permeability of the bowel to lectins in food and led to reductions in oozing, itching, and redness. The diet has to be followed carefully, and results may take six months.

## OILS & WAXS

### Organic Argan nut oil (*Argania spinosa*)



This rare and exquisite oil is meticulously expeller pressed from the fruit kernels of the Moroccan Argan tree. Argan oil is rich in natural tocopherols (vitamin E) and phenols, carotenes, squalene and fatty acids, making it a truly luxurious oil. Argan oil absorbs quickly and is often used in skin, nail and hair treatments to deliver deep hydration, strengthen brittle hair and nails, and prevent/reduce stretch marks.

### Organic Beeswax



A wonderful substance secreted by worker honeybees. This line of pure, filtered, cosmetic grade beeswax comes from beekeepers in the United States that we have a wonderful working relationship with. This beautiful wax is the finest we have ever acquired; producing a very fragrant, clean, and perfectly filtered product without the debris and muddy color found in typical waxes. Use it for cosmetics, salves, body care products, lotions and you can melt it down to make your own aromatic candles. Pure bees wax with no filler, synthetics, debris, or foreign fragrances.

### Organic Grape Seed oil (*Vitis vinifera*)



Now organic! Same attributes as non-organic Grapeseed oil but with a bolder flavor, deeper aroma, and with organic certification. Excellent food grade oil which is great on salads and other fine foods, and it can be used for cosmetic products as well. Quite possibly the finest Grape seed oil we have ever seen!

### Organic Jojoba oil (*Simmondsia chinensis*)



Jojoba oil comes from the beans of the shrub like plant, *simmondsia chinensis*. This is the highest grade certified organic, cold pressed oil (actually a liquid plant wax). It is bright and golden in color and is regarded as the most favored in the carrier oil family because of its advanced molecular stability. Also makes a great scalp cleanser for the hair, and is equally wonderful for the skin because it has absorption properties that are similar to our skin's own sebum.

### Organic Macadamia nut oil (*Macadamia integrifolia*)



This fine oil comes from the pressed nuts of the Macadamia tree. It is a priceless delight for the skin and has proven itself to be one of the best regenerative oils available. It is high in monounsaturated fatty acids, and closely resembles sebum (the oil naturally produced by one's skin to help protect it). Macadamia oil is fabulous and protective with a high absorption rate and has been successfully used as healing oil for scars, sunburns, minor wounds and other irritations.

### **Organic Olive oil** (*Olea europaea*)



Olive oil is by far the most universal oils used for a multitude of purposes including cosmetics, as carrier oil, for hair care solutions, and in cooking. It has a rich, full bodied flavor with a strong aroma and is golden brown in color. Has a great conditioning effect in body care recipes and can be used in almost all applications because of its stable nature. The line of Olive oil Earthly Herbals uses is 100% pure cold pressed and extra virgin from the highest quality Olives from Spain with no other oils added to it.

### **Organic Sunflower oil** (*Helianthus annuus*)



Oil wealthy in Oleic acids with high amounts of Vitamins A, D, and E, also has beneficial amounts of lecithin, and unsaturated fatty acids. Deeply nourishing and conditioning for the skin and it is highly recommended for recipes designed to treat dry, weathered, aged, and damaged skin. Our line of organic Sunflower oil has a pleasant scent and is easily absorbed and applied.

**Tea Tree oil** Tea tree oil is derived from the leaves of the tea tree. The tea tree was named by eighteenth century sailors, who made tea that smelled like nutmeg from the leaves of the tree growing on the swampy southeast Australian coast.

The health benefits of Tea Tree essential oil can be attributed to its properties like antibacterial, antimicrobial, antiseptic, antiviral, balsamic, cicatrizing, expectorant, fungicide, insecticide, stimulant and sudorific. Unlike the name suggest, the essential oil of Tea Tree is not extracted from the plant of common tea. Neither it is synonymous to Tea Oil, which is extracted from the seed of Tea plant. Instead, it is extracted through steam distillation of twigs and leaves of Tea Tree, whose botanical name is *Melaleuca Alternifolia*.

This tree is a native to Australia and its oil was known among the original inhabitants of Australia as an all-cure medicine since time immemorial. Do not confuse the tea tree with the unrelated common tea plant that is used to make black and green teas.

Tea tree oil is applied to the skin (used topically) for infections such as acne, fungal infections of the nail (onychomycosis), lice, scabies, athlete's foot (tinea pedis), and ringworm. It is also used topically as a local antiseptic for cuts and abrasions, for burns, insect bites and stings, boils, vaginal infections, recurrent herpes labialis, toothache, infections of the mouth and nose, sore throat, and for ear infections such as otitis media and otitis externa.

**Vitamin E oil** (*Mixed Tocopherols from GMO free Soy sources*)

A natural Vitamin E oil obtained by vacuum distillation of vegetable fats. Great for preventing rancidity in cosmetics and it acts as an anti-oxidant in creams, lotions, baby products, cosmetics and more. Recent studies have suggested that Vitamin E oil assists in maintaining a healthy heart and blood vessels.

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