

TABLE 7.3 Common Herbs

Name	Properties/Use	Side Effects/Contraindications
Asian ginseng	Improve mental and physical performance; lower blood glucose; improve immune function	Headaches, sleep problems, GI problems People taking medicine to lower blood sugar should use extra caution NOT for people with hypoglycemia
Bilberry	Diarrhea; menstrual cramps; varicose veins; venous insufficiency	High doses or extended use of the leaf or extract may lead to possible toxic effects
Black cohosh	Menopause; dysmenorrhea	Minimal side effects NOT for people with a liver disorder NOT to be used with hormone replacement therapy NOT to be used with hormone-sensitive breast cancer
Butterbur	Antihistamine for allergy symptoms; migraines	Belching, GI issues, asthma, fatigue NOT for children
Chamomile	Anxiety, sleeplessness, GI upset, infant colic, mouth ulcers from cancer treatment; drug withdrawal	NOT for those with extreme allergy to ragweed. NOT for pregnant or lactating women
Cranberry	Prevent urinary tract infections or <i>H. pylori</i> infections that can lead to stomach ulcers; antioxidant	Use with caution for people taking anticoagulants or medications that affect the liver
Echinacea	Prevent colds, flu; stimulate immune system	Few side effects
Evening primrose oil	Eczema; rheumatoid arthritis; breast pain	Well tolerated by most people NOT for pregnant or lactating women
Fenugreek	Diabetes; loss of appetite; stimulate milk production in breastfeeding women; skin inflammation	Gas, bloating, diarrhea NOT for pregnant women
Feverfew	Migraines; rheumatoid arthritis; psoriasis, allergies; tinnitus; dizziness	No serious side effects NOT for pregnant women
Garlic	High cholesterol; slow development of atherosclerosis; hypertension	Nausea, garlicky scent NOT for people with clotting disorders NOT prior to surgery
Ginger	Nausea and vomiting of various causes; arthritis	Safe during pregnancy

(continued)

TABLE 7.3 (Continued)

Name	Properties/Use	Side Effects/Contraindications
Ginkgo	Dementia; memory impairment; intermittent claudication; tinnitus	Headache, nausea, GI upset NOT for people with clotting disorders NOT prior to surgery
Goldenseal	Respiratory tract infections; eye infections; vaginitis; canker sores	Few side effects
Grape seed extract	Hypertension; high cholesterol; poor circulation; vascular fragility; edema; antioxidant	Few side effects
Green tea	Cancer; mental alertness; weight loss; high cholesterol	Contains caffeine
Horse chestnut	Venous insufficiency	Do NOT use raw or unprocessed plant parts, as they are poisonous
Licorice root	Stomach ulcers; bronchitis; sore throat; hepatitis	Use with caution with diuretics, as potassium levels could drop dangerously low; use with caution for people with hypertension
Milk thistle	Liver disorders; high cholesterol;	NOT for pregnant or lactating women Use with caution for people with diabetes or hypoglycemia
Noni	Antioxidant; immune stimulating; tumor fighting properties	High in potassium; use with caution for people with renal disease
Red clover	Menopause; high cholesterol; osteoporosis; prostate enlargement	Few side effects Unclear if it is safe for pregnant or lactating women or hormone-sensitive cancers
St. John's wort	Minor depression	Photosensitivity, anxiety, dry mouth Sexual problems NOT for use with other antidepressants NOT for children
Saw palmetto	Urinary antiseptic; benign prostatic hyperplasia	NOT for pregnant or lactating women Few side effects
Tea tree oil	Antifungal, antiseptic; acne; minor wounds and cuts; athlete's foot; nail infections; herpes; douche for yeast infections	NOT for pregnant or lactating women Only for topical use
Valerian	Insomnia; menopause; menstrual and intestinal cramps	Excitability, uneasiness, fatigue, headache