

Medicinal Herbs

A Guide To Optimal Health
And Longevity



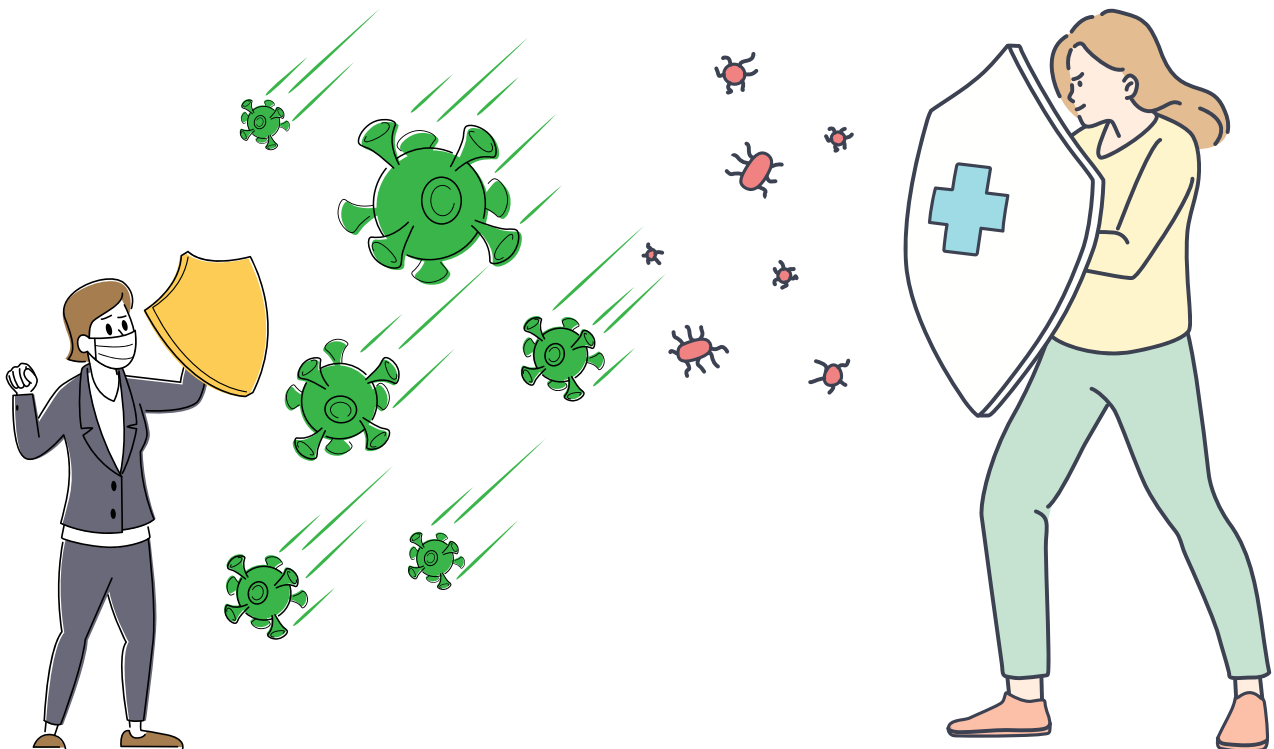
The Spirit Disciple

20 Antiviral Herbs:

These herbs have been shown to fight viral infections and promote optimal health effectively. Each herb is listed with its unique antiviral compounds, potency, and contributions to supporting the immune system and overall well-being. Substituting herbs is recommended to avoid resistance to viruses. However, before starting any herbal regimen, it is important to consult with your healthcare provider to ensure that it is safe for you and will not interfere with any medication or medical condition you may have.

Here's what Healthline.com has to say:

15 Impressive Herbs with Antiviral Activity



Astragalus:

Active Compound: Astragaloside IV

Potency: Moderate

Cat's Claw:

Active Compound: Uncaria tomentosa

Potency: Moderate

Elderberry:

Active Compound: Sambucus nigra agglutinins (SNAs)

Potency: High

Garlic:

Active Compound: Allicin

Potency: Moderate

Ginger:

Active Compound: Gingerol

Potency: Moderate



Goldenseal:

Active Compound: Berberine

Potency: High

Green Tea:

Active Compound: Epigallocatechin gallate (EGCG)

Potency: Moderate

Licorice Root:

Active Compound: Glycyrrhizin

Potency: Moderate

Lemon Balm:

Active Compound: Rosmarinic Acid

Potency: Low

Lomatium:

Active Compound: Lomatium Dissectum

Potency: High

Olive Leaf:

Active Compound: Oleuropein

Potency: High

Pau d'Arco:

Active Compound: Lapachol

Potency: Moderate

Peppermint:

Active Compound: Menthol

Potency: Low

Propolis:

Active Compound: Flavonoids

Potency: Moderate

Reishi Mushroom:

Active Compound: Beta-glucans

Potency: Moderate



Sage:

Active Compound: Carnosic Acid

Potency: Moderate

St. John's Wort:

Active Compound: Hypericin

Potency: Moderate

Tea Tree:

Active Compound: Terpinen-4-ol

Potency: Moderate

Thyme:

Active Compound: Thymol

Potency: High

Turmeric:

Active Compound: Curcumin

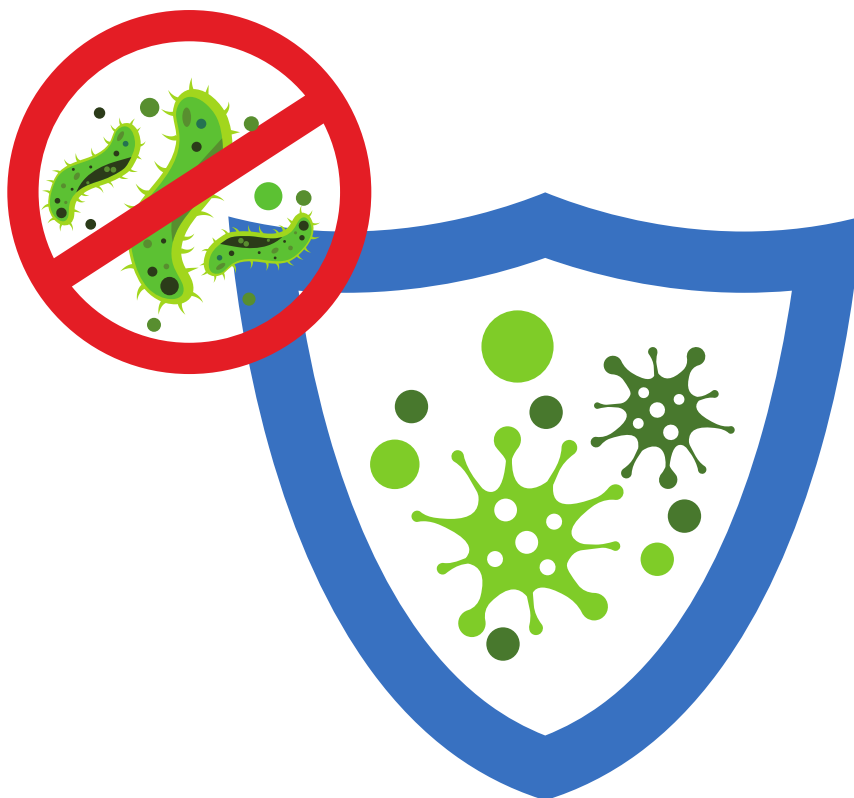
Potency: Moderate

20 Antibacterial Herbs:

These herbs have diverse antibacterial properties and potency. They offer a holistic approach to combating bacteria, promoting health from a natural perspective. Substituting herbs is recommended to avoid resistance to antibacterials. However, before starting any herbal regimen, it is important to consult with your healthcare provider to ensure that it is safe for you and will not interfere with any medication or medical condition you may have.

Here's what Healthline.com has to say:

What Are the Most Effective Natural Antibiotics?



Basil:

Active Compound: Eugenol

Potency: Moderate

Cinnamon:

Active Compound: Cinnamaldehyde

Potency: High

Echinacea:

Active Compound: Echinacoside

Potency: Moderate

Garlic:

Active Compound: Allicin

Potency: High

Ginger:

Active Compound: Gingerol

Potency: Moderate



Goldenseal:

Active Compound: Berberine

Potency: High

Lavender:

Active Compound: Linalool

Potency: Moderate

Lemongrass:

Active Compound: Citral

Potency: Moderate

Neem:

Active Compound: Azadirachtin

Potency: High

Oregano:

Active Compound: Carvacrol

Potency: High

Peppermint:

Active Compound: Menthol

Potency: Moderate

Rosemary:

Active Compound: Rosmarinic Acid

Potency: Moderate

Sage:

Active Compound: Carnosic Acid

Potency: Moderate

Thyme:

Active Compound: Thymol

Potency: High

Turmeric:

Active Compound: Curcumin

Potency: Moderate



Usnea:

Active Compound: Usnic Acid

Potency: Moderate

Yarrow:

Active Compound: Achilleine

Potency: Moderate

Ylang-Ylang:

Active Compound: Methyl Benzoate

Potency: Low

Juniper Berry:

Active Compound: Alpha-pinene

Potency: Moderate

Tea Tree:

Active Compound: Terpinen-4-ol

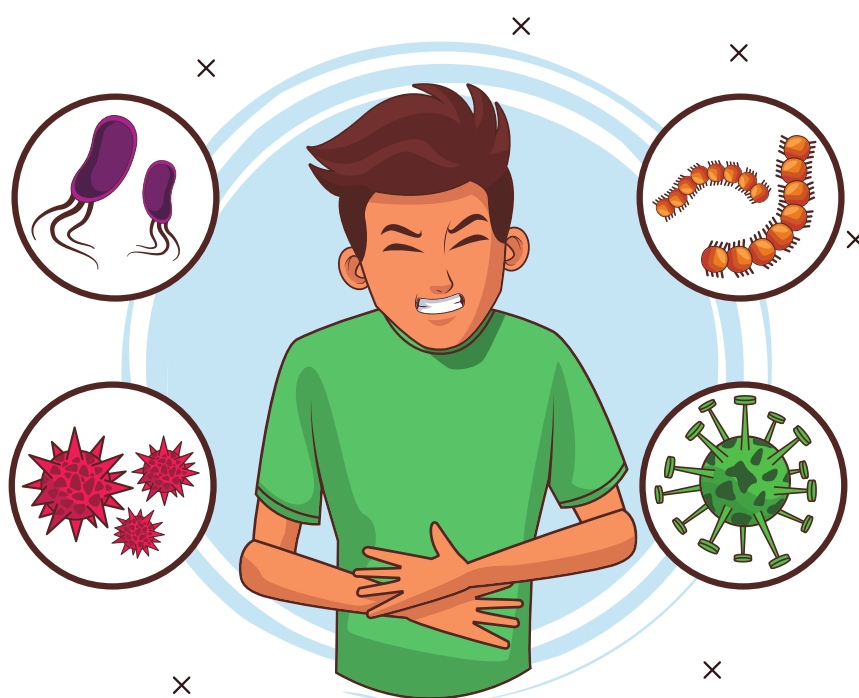
Potency: High

20 Herbs For Parasite Cleanse:

With their respective active compounds and potency, these herbs offer a holistic approach to supporting the body in maintaining a balance against potential parasitic challenges. Substituting herbs is recommended to avoid resistance to parasites. However, before starting any herbal regimen, it is important to consult with your healthcare provider to ensure that it is safe for you and will not interfere with any medication or medical condition you may have.

Here's what [Healthline.com](https://www.healthline.com) has to say:

What You Should Know About Doing a Parasite Cleanse



Black Walnut:

Active Compound: Juglone

Potency: High

Clove:

Active Compound: Eugenol

Potency: High

Goldenseal:

Active Compound: Berberine

Potency: High

Wormwood:

Active Compound: Artemisinin

Potency: High

Garlic:

Active Compound: Allicin

Potency: Moderate



Neem:

Active Compound: Azadirachtin

Potency: High

Oregano:

Active Compound: Carvacrol

Potency: High

Pau d'Arco:

Active Compound: Lapachol

Potency: Moderate

Berberis (Barberry):

Active Compound: Berberine

Potency: Moderate

Grapefruit Seed Extract:

Active Compound: Citrus Paradisi

Potency: Moderate

Olive Leaf:

Active Compound: Oleuropein

Potency: High

Pumpkin Seed:

Active Compound: Cucurbitacin

Potency: Moderate

Turmeric:

Active Compound: Curcumin

Potency: Moderate

Gentian Root:

Active Compound: Gentianine

Potency: Moderate

Aloe Vera:

Active Compound: Aloin

Potency: Low

**Thyme:**

Active Compound: Thymol

Potency: Moderate

Fennel:

Active Compound: Anethole

Potency: Low

Diatomaceous Earth:

Active Compound: Silica

Potency: Moderate

Cilantro:

Active Compound: Dodecenal

Potency: Low

Parsley:

Active Compound: Apiol

Potency: Low

20 Herbs For Brain Health:

These herbs, with their unique compounds, contribute to cognitive well-being and support overall brain health. Substituting herbs is recommended to reach the desired outcome. However, before starting any herbal regimen, it is important to consult with your healthcare provider to ensure that it is safe for you and will not interfere with any medication or medical condition you may have.

Here's what [Healthline.com](https://www.healthline.com) has to say:

[The 10 Best Herbs to Boost Energy and Focus](#)



Ashwagandha:

Active Compound: Withanolides

Potency: Moderate

Bacopa Monnieri:

Active Compound: Bacosides

Potency: Moderate

Blueberry:

Active Compound: Anthocyanins

Potency: High

Ginkgo Biloba:

Active Compound: Ginkgolides and Bilobalides

Potency: High

Gotu Kola:

Active Compound: Triterpenoids

Potency: Moderate



Hawthorn:

Active Compound: Flavonoids

Potency: Moderate

Lion's Mane Mushroom:

Active Compound: Hericenones and Erinacines

Potency: High

Mucuna Pruriens:

Active Compound: L-Dopa

Potency: Moderate

Oat Straw (Avena Sativa):

Active Compound: Avenanthramides

Potency: Moderate

Panax Ginseng:

Active Compound: Ginsenosides

Potency: Moderate

Rhodiola Rosea:

Active Compound: Rosavin and Salidroside

Potency: Moderate

Rosemary:

Active Compound: Rosmarinic Acid

Potency: Moderate

Sage:

Active Compound: Carnosic Acid

Potency: Moderate

Schisandra Berry:

Active Compound: Schisandrins

Potency: Moderate

Turmeric:

Active Compound: Curcumin

Potency: Moderate



Brahmi (Centella Asiatica):

Active Compound: Bacosides

Potency: Moderate

Lemon Balm:

Active Compound: Rosmarinic Acid

Potency: Low

Peppermint:

Active Compound: Menthol

Potency: Low

Thyme:

Active Compound: Thymol

Potency: Low

Valerian Root:

Active Compound: Valerenic Acid

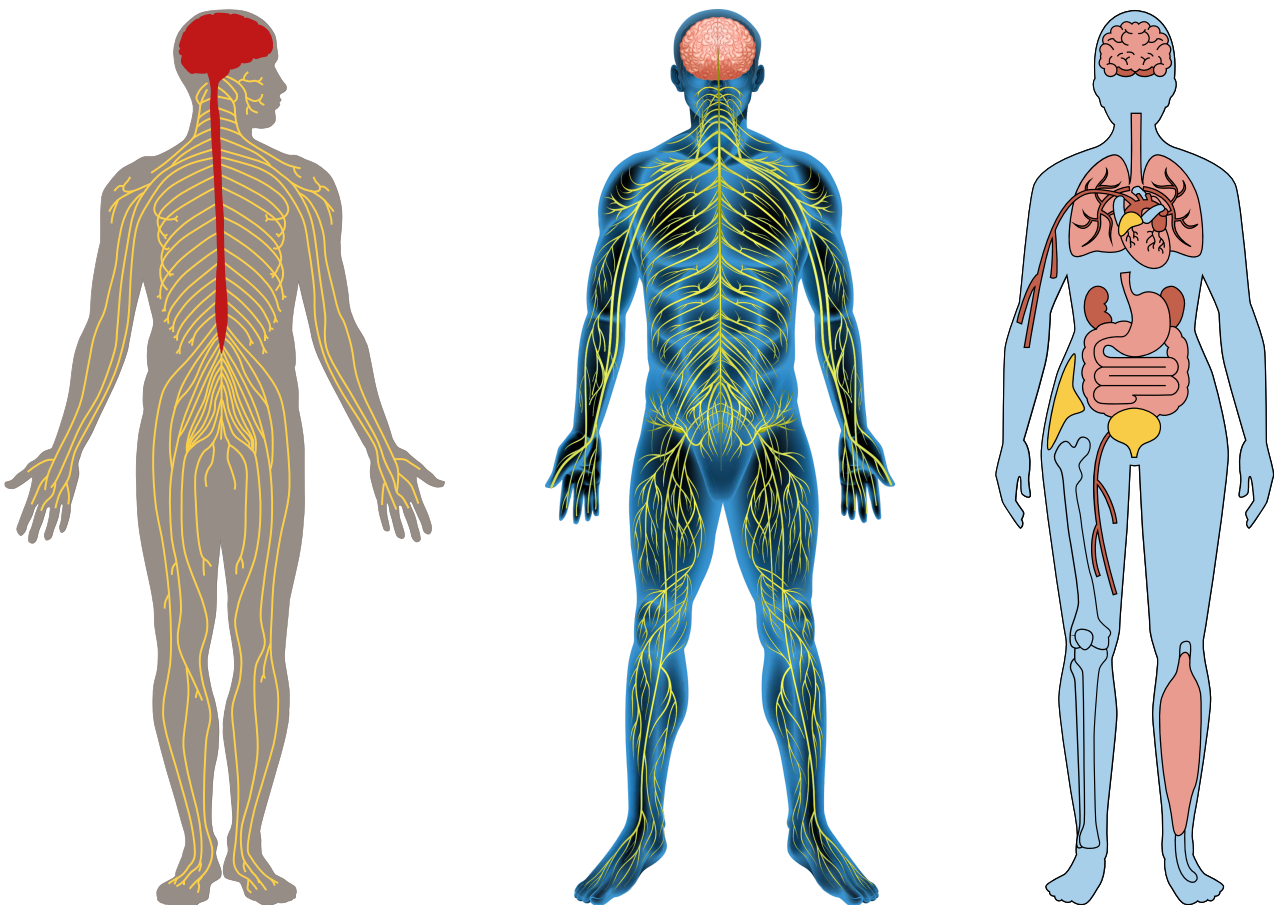
Potency: Moderate

20 Herbs For Central Nervous System Health:

With their diverse compounds and potency, these herbs are known for their potential to support the central nervous system and promote overall well-being. Substituting herbs is recommended to reach the desired outcome. However, before starting any herbal regimen, it is important to consult with your healthcare provider to ensure that it is safe for you and will not interfere with any medication or medical condition you may have.

Here's what Healthline.com has to say:

[The No BS Guide to Adaptogens for Hormonal Balance and Stress](#)



Ashwagandha:

Active Compound: Withanolides

Potency: Moderate

Bacopa Monnieri:

Active Compound: Bacosides

Potency: Moderate

Chamomile:

Active Compound: Apigenin

Potency: Low

Gotu Kola:

Active Compound: Triterpenoids

Potency: Moderate

Hawthorn:

Active Compound: Flavonoids

Potency: Moderate



Kava Kava:

Active Compound: Kavalactones

Potency: Moderate

Lavender:

Active Compound: Linalool

Potency: Low

Lemon Balm:

Active Compound: Rosmarinic Acid

Potency: Low

Lion's Mane Mushroom:

Active Compound: Hericenones and Erinacines

Potency: High

Passionflower:

Active Compound: Passiflorine

Potency: Moderate

Rhodiola Rosea:

Active Compound: Rosavin and Salidroside

Potency: Moderate

Sage:

Active Compound: Carnosic Acid

Potency: Moderate

Skullcap:

Active Compound: Scutellarin

Potency: Moderate

St. John's Wort:

Active Compound: Hypericin

Potency: Moderate

Turmeric:

Active Compound: Curcumin

Potency: Moderate



Valerian Root:

Active Compound: Valerenic Acid

Potency: Moderate

Ginkgo Biloba:

Active Compound: Ginkgolides and Bilobalides

Potency: High

Chamomile:

Active Compound: Apigenin

Potency: Low

Oat Straw (Avena Sativa):

Active Compound: Avenanthramides

Potency: Moderate

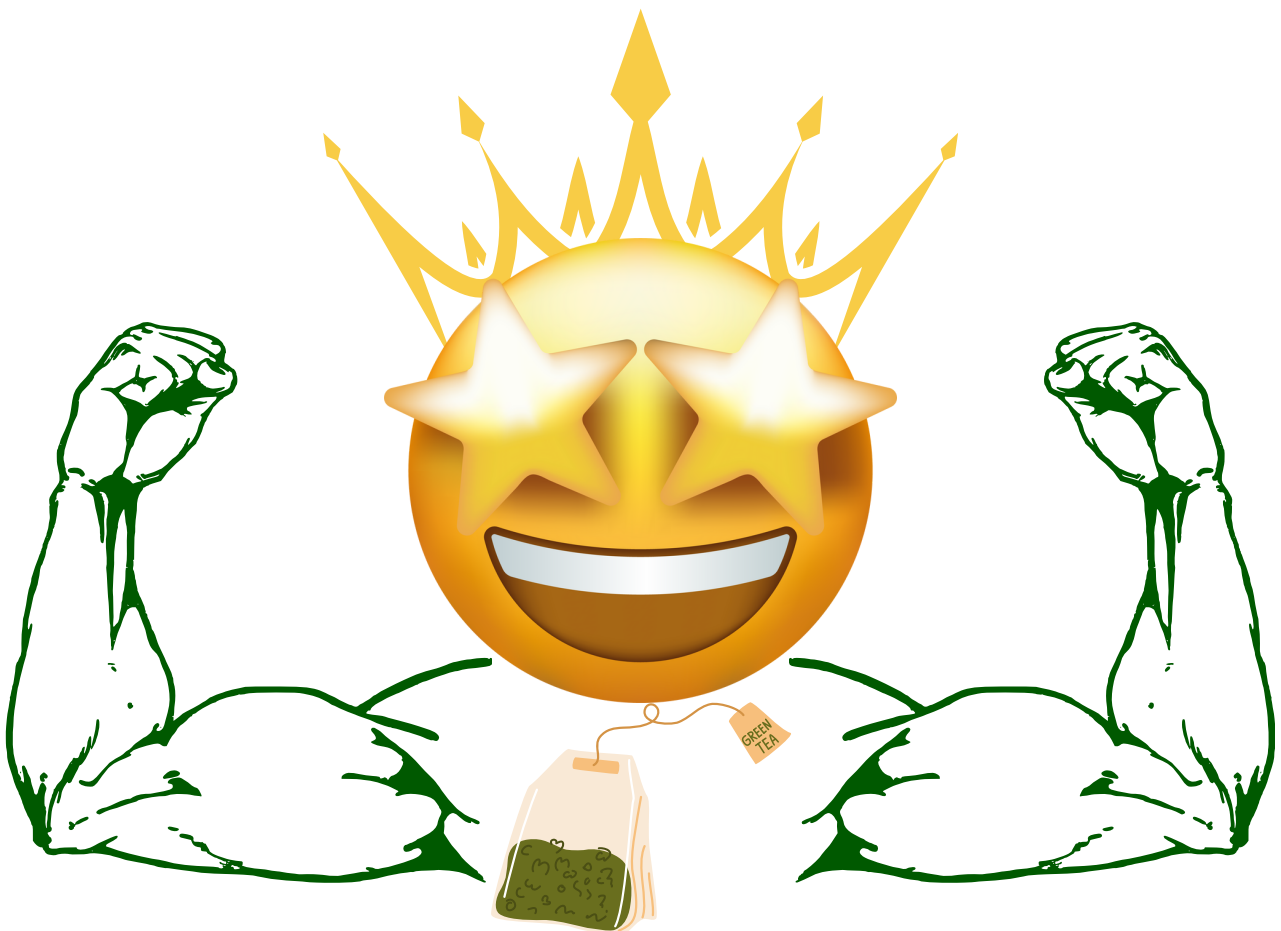
Peppermint:

Active Compound: Menthol

Potency: Low

10 Super Herbs:

These herbs showcase their versatility in addressing various aspects of health, including [brain health](#), [central nervous system support](#), and [parasite cleansing](#). Substituting herbs is recommended to reach the desired outcome. However, before starting any herbal regimen, it is important to consult with your healthcare provider to ensure that it is safe for you and will not interfere with any medication or medical condition you may have.



Ashwagandha:

Health Benefits of Ashwagandha, Based on Research

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Withanolides
- c. Potency: Moderate

Bacopa Monnieri:

7 Emerging Benefits of Bacopa Monnieri (Brahmi)

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Bacosides
- c. Potency: Moderate

Chamomile:

5 Ways Chamomile Tea Benefits Your Health

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Apigenin
- c. Potency: Low

Gotu Kola:

Everything You Need to Know About Gotu Kola

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Triterpenoids
- c. Potency: Moderate

Hawthorn:

9 Impressive Health Benefits of Hawthorn Berry

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Flavonoids
- c. Potency: Moderate



Lemon Balm:

10 Benefits of Lemon Balm and How to Use It

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Rosmarinic Acid
- c. Potency: Low

Lion's Mane Mushroom:

9 Health Benefits of Lion's Mane Mushroom (Plus Side Effects)

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Hericenones and Erinacines
- c. Potency: High

Rhodiola Rosea:

7 Science-Backed Health Benefits of Rhodiola Rosea

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Rosavin and Salidroside
- c. Potency: Moderate

Sage:

12 Health Benefits and Uses of Sage

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Carnosic Acid
- c. Potency: Moderate

Turmeric:

10 Health Benefits of Turmeric and Curcumin

- a. Appears in Brain Health, Central Nervous System, and Parasite Cleanse lists.
- b. Active Compound: Curcumin
- c. Potency: Moderate

