

**NATURAL REMEDIES** [ This was produced by one of the professional societies member services division and came with 19 footnotes. Not every herb is shown. We have added various links to online cautions and suggestions for best use. (The University of Maryland Medical Center (UMMC) links seemed to be the best ones. Tried not to link to herbal sales web sites. Italics, 'More Health Items' and HTML search button added by ed.]

Many older Americans have heard about, looked into, considered and possibly even used natural herb remedies as alternatives to modern medicine. It's important to know that even though natural herbal remedies have been used for centuries, the Federal Food and Drug Administration has not approved of any herb for any healing power. [The FDA is for regulating proprietary chemical products.]

**You should consult your physician about your situation for advice regarding any remedy to help you,** as well as for any interactions they may have with your current medications. The following natural herbs are believed by many to help with certain illnesses and diseases, as well as aid with other health concerns associated with aging:

- **[Ashwagandha](#)** - Rejuvenates and energizes the nervous system. Increases physical endurance and improves sexual function. Has anti-inflammatory and anti aging effects.
- **[Astragalus](#)** - Good for colds, flu and immune-deficiency-related problems, including AIDS, cancer, tumors, as well as chronic lung weakness.
- **[Black Cohosh](#)** - Indicated for: blood pressure, cholesterol, mucus production, cardiovascular and circulatory disorders, arthritis, relieving hot flashes.
- **[Blessed Thistle](#)** - Anti inflammatory, circulatory aid, blood purifier, liver healer and heart strengthener. Has been recommended as a brain food.
- **[Blue Cohosh](#)** - Indicated for memory problems, nervous disorders and muscle spasms.
- **[Borage](#)** - Balances glands. Contains valuable minerals and essential fatty acids helpful to cardiovascular function and healthy skin and nails.
- **[Boswellia](#)** - Acts as an anti inflammatory, anti arthritic, anti fungal and antibacterial. Lowers cholesterol and protects the liver. Useful for arthritis, gout, low back pain, myositis and fibromyalgia. Helps repair blood vessels damaged by inflammation. Used as a remedy for obesity, diarrhea, dysentery and pulmonary diseases.
- **[Cat's Claw](#)** - Intestinal cleanser, antioxidant, anti inflammatory, enhances white blood cell action. Indicated for intestinal problems and viral infections. May be helpful for AIDS, arthritis, cancer tumors and ulcers.
- **[Cayenne](#)** - (*Capsicum Annuum*) Helpful for digestion, circulation, arthritis, rheumatism, colds, sinus infections and sore throats. Stops bleeding from ulcers. A tonic for the heart, kidneys, lungs, pancreas, spleen and stomach.
- **[Chamomile](#)** - Anti inflammatory, diuretic. Stimulates appetite, digestion and sleep. Indicated for colitis, diverticulosis, fever, headaches and pain. Has a long history of use for stress and anxiety, indigestion and insomnia.
- **[Chaparral](#)**- Free radical scavenger. Pain reliever. Protects against radiation and sun exposure. Good for skin disorders. Reduces formation of tumors and cancer cells.
- **[Chuchuhuasi](#)**- Fights inflammation and stimulates the immune system. Good for arthritis, rheumatism, back pain, muscle spasms, fever, skin tumors, bronchitis and diarrhea.
- **[Cranberry](#)** - Good for kidneys, bladder and skin. Has anticancer properties.
- **[Dandelion](#)** - Diuretic. Bloodstream and liver cleanser. Increases bile production. Reduces serum cholesterol and uric acid. Tonic for kidneys, pancreas, spleen and stomach. Recommended for abscesses, anemia, boils, breast tumors, cirrhosis of the liver, fluid retention, hepatitis, jaundice, rheumatism. Has been said to help prevent age spots and breast cancer.
- **[Devil's Claw: Uses, Side Effects, Interactions, Dosage, and Warning](#)** Devil's claw is used for "hardening of the arteries" (atherosclerosis), arthritis, gout, muscle pain (myalgia), back pain, fibromyalgia, tendonitis, chest pain, gastrointestinal (GI) upset or heart burn, fever, and migraine headache. It is also used for difficulties in childbirth, menstrual problems, allergic reactions, loss of appetite, and kidney and bladder disease.
- **[Echinacea: Uses, Side Effects, Interactions, Dosage, and Warning](#)** Echinacea is widely used to fight infections, especially the common cold, and the flu. Some people take echinacea at the first sign of a cold, hoping they will be able to keep the cold from developing. Other people take echinacea after cold or flu-like symptoms have started, hoping they can make symptoms less severe or resolve quicker.
- **[Elderberry Herb - Side Effects, Uses and Benefits](#)** It is used as an herbal remedy to boost the immune system. Black elderberries encourage a healthy immune reaction against undesired organisms that induce flu-like symptoms.
- **[Flaxseed Health Benefits, Food Sources, Recipes, and Tips for Using It](#)** flaxseed may have a protective effect against breast cancer, prostate cancer, and colon cancer.
- **[Garlic: Uses, Side Effects, Interactions, Dosage, and Warning](#)** Some people use garlic to prevent colon cancer, rectal cancer, stomach cancer, breast cancer, prostate cancer, multiple myeloma, and lung cancer. It is also used to treat prostate cancer and bladder cancer. Garlic has been tried for treating an enlarged prostate (benign prostatic hyperplasia; BPH), cystic fibrosis, diabetes,
- **[Germanium: Uses, Side Effects, Interactions, Dosage, and Warning](#)** Despite serious safety concerns, germanium is used for heart and blood vessel conditions, including high blood pressure, high cholesterol, and heart disease; for eye conditions, including glaucoma and cataracts; and for liver conditions, including hepatitis and cirrhosis. Some people use germanium for osteoarthritis, rheumatoid arthritis (RA), pain, ... Other uses include heavy metal poisoning, including mercury and cadmium poisoning; depression; cancer; food allergies; and yeast and viral infections. Germanium is also used for increasing circulation of blood to the brain, supporting the immune system, and as an antioxidant.
- **[Ginkgo](#)** - Recommended for: asthma, eczema, heart and kidney disorders, depression, headaches, memory loss and tinnitus (ringing in the ears). Increases cerebral and peripheral blood flow, circulation and oxygenation, thus improving brain functioning and relieving leg cramps.
- **[Ginseng: Health benefits, facts, and research](#)** Both American ginseng (*Panax quinquefolius*, L.) and Asian ginseng (*P. Ginseng*) are believed to boost energy, lower blood sugar and cholesterol levels, reduce stress, promote relaxation, treat diabetes, and manage sexual dysfunction in

men.

- **Goldenrod:** [Uses, Side Effects, Interactions, Dosage, and Warning](#) Goldenrod is used to reduce pain and swelling (inflammation), as a diuretic to increase urine flow, and to stop muscle spasms. It is also used for gout, joint pain (rheumatism), arthritis, as well as eczema and other skin conditions. Goldenrod is also used to treat tuberculosis infections that have become active again after a period of inactivity (latency), diabetes, enlargement of the liver, hemorrhoids, internal bleeding, hay fever, asthma, and an enlarged prostate.
- **Goldenseal | NCCIH** - Currently, goldenseal is used as a dietary supplement for colds and other respiratory tract infections, allergic rhinitis (hay fever), ulcers, and digestive upsets such as diarrhea and constipation. It is also used as a mouthwash for sore gums and as an eyewash for eye inflammation, and it is applied to the skin for rashes and other skin problems.
- **Green Tea 10 Proven Benefits** - Reduces risk of esophageal, stomach, colon and skin cancer, delays the onset of arteriosclerosis, offsets mental fatigue.
- **Hawthorn:** [Uses, Side Effects, Interactions, Dosage, and Warning](#) Hawthorn is used for diseases of the heart and blood vessels such as congestive heart failure (CHF), chest pain, and irregular heartbeat. It is also used to treat both low blood pressure and high blood pressure, “hardening of the arteries” (atherosclerosis), and high cholesterol. So far, research suggests that hawthorn might be effective in treating congestive heart failure, but there hasn’t been enough research on other heart-related uses to know if it is effective for them.
- **Horse chestnut** - Protects against vascular damage, makes capillary walls less porous, shields against UV radiation damage. Good for varicose veins, reducing excess tissue fluids and easing nighttime muscle spasms in the legs. Used topically, reduces pain and swelling and prevents bruising.
- **Horsetail:** [Uses, Side Effects, Interactions, Dosage, and Warning](#) Horsetail is used for “fluid retention” (edema), kidney and bladder stones, urinary tract infections, the inability to control urination (incontinence), and general disturbances of the kidney and bladder.
- **Macela** - (*Achyrocline satureoides*) Acts as an anti inflammatory, antiseptic, antiviral and anti parasitic. Stimulates and supports the immune system. Good for gastrointestinal and respiratory disorders. Useful in treating cancer, Crohns disease, colds and flu, diabetes, menstrual problems and menopausal symptoms, muscle aches and spasms.
- **Milk Thistle** - (*Silybum marianum*) Antioxidant (prevents free radical damage, protects the liver). Recommended for: kidneys, adrenal disorders, inflammatory bowel disorders, weakened immune system, liver disorders (such as jaundice and hepatitis, psoriasis). Contains potent liver-protecting substances. Stimulates production of new liver cells and prevents formation of damaging leukotrienes.
- **Passionflower** - Sedative. Recommended for: anxiety, hyperactivity, insomnia, neuritis, stress-related disorders.
- **Pumpkin Seeds** - Indicated for: prostate. Influence the colon and spleen-pancreas; diuretic. Used for motion sickness, nausea, impotence, and swollen prostate with signs of difficult or dribbling urination. [Top 11 Health Benefits of Pumpkin Seeds](#) 2016
- **Pygeum** - Reduces inflammation congestion. Lowers levels of inflammatory compounds in the prostate. Effective in reducing prostate enlargement. [7 Best Benefits of Pygeum](#) 2018
- **Saw Palmetto** - Diuretic. Urinary antiseptic. Indicated for: poor appetite, prostate disorders, sexual function and desire. [Saw palmetto for BPH: Does it work?](#)
- **Suma** (Brazilian ginseng) - Recommended for anemia, fatigue, stress, immune system, AIDS, cancer, liver disease, high blood pressure.
- **Valerian:** [Uses, Side Effects, Interactions, Dosage, and Warning](#) Valerian is most commonly used for sleep disorders, especially the inability to sleep (insomnia). Valerian is also used orally for anxiety and psychological stress, but there is limited scientific research to support these uses.
- **Yucca** - Blood purifier. Indicated for: arthritis, osteoporosis, inflammation.

Many of these natural herbal remedies are combined into special formulas for specific illnesses to help optimize results. Consult your local nutritionist for specific details or recommendations for what is ailing you. And again, please consult your physician for introducing anything new into your body.

#### More Health Items:

- **Cinnamon and Honey - Whoever Thought?** <https://neprimer.com/ePress/articles/2011/Cinnamon+Honey.html> [pdf]
- **Natural Remedies** <https://neprimer.com/ePress/articles/2011/NaturalRemedy.html> [pdf]
- **Fruit and Veggie Chart** <https://neprimer.com/ePress/articles/2010/Fruit-VeggieChart.html> [pdf]

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