

HERITAGE HAVENS

BIBLICAL HERBALISM & CLINICAL APPLICATION

Herbal Support Guide

Rooted in Scripture. Grounded in Science. Grown for Healing.

A comprehensive reference covering 40+ healing herbs — their biblical origins, traditional use, modern clinical evidence, preparation methods, safety profiles, and synergy with nutritional and peptide protocols.

Ali Ann · Certified Holistic Practitioner · heritagehavens.com

• "He causeth the grass to grow for the cattle, and herb for the service of man." — Psalm 104:14 · KJV

OUR PHILOSOPHY

Herbs as God's Original Medicine

Before pharmaceutical laboratories, before synthetic compounds, before clinical trials — there was the garden. From Eden to the fields of ancient Israel, from the hills of Galilee to the spice markets of the ancient Near East, God placed healing in the earth. The herbs, roots, resins, and botanicals referenced throughout Scripture were not merely symbolic — they were functional. They healed. They anointed. They restored.

At Heritage Havens, we hold a conviction that modern herbal medicine is not in tension with faith — it is an expression of stewardship over the creation God entrusted to us. We pair this reverence with scientific rigor, examining what clinical research says about the herbs Scripture names, and extending our practice to the broader botanical world that God's creation provides.

Every herb in this guide is presented through two lenses: its biblical and traditional heritage, and its modern clinical evidence. Neither lens is complete without the other.

USING THIS GUIDE

How to Read Each Herb Entry

Each Entry Contains

- Biblical Reference — where the herb appears in Scripture
- Traditional Use — how it was used in ancient and traditional medicine
- Active Constituents — the key compounds responsible for its effects
- Clinical Evidence — what the published research demonstrates
- Primary Applications — the body systems and conditions it addresses
- Preparation & Dosing — how to prepare and use it safely
- Safety & Contraindications — who should use caution
- Synergy — how it pairs with nutrition and peptide protocols

Organization of This Guide

- Part 1: Digestive & Gut Health Herbs
- Part 2: Hormonal & Adrenal Support Herbs
- Part 3: Immune & Anti-Inflammatory Herbs
- Part 4: Sleep, Nervous System & Mood Herbs
- Part 5: Cardiovascular & Metabolic Herbs
- Part 6: Longevity, Brain & Anti-Aging Herbs
- Part 7: Women's Health Herbs
- Quick Reference Matrix — all herbs at a glance

A Word on Quality

- Organic or wildcrafted sourcing is strongly preferred — pesticide residues concentrate in dried herbs
- Third-party tested products only — look for USP, NSF, or ConsumerLab verification
- Standardized extracts provide consistent active constituent levels — preferred for therapeutic use
- Whole herb teas and tinctures have their place — especially for gentle, daily-use herbs
- Store all herbs away from heat, light, and moisture — potency degrades rapidly otherwise
- Heritage Havens sources and recommends specific brands — ask Ali Ann for the current approved list

Disclaimer: This guide is for educational purposes. Herbal medicine can interact with medications and may be contraindicated in certain health conditions. Always consult your healthcare provider before beginning any herbal protocol, especially if pregnant, breastfeeding, or taking prescription medications.

Digestive & Gut Health

Ginger

Zingiber officinale

◆ Biblical Reference:

1 Kings 10:2; Song of Solomon 4:14; Matthew 2:11 (spice trade context)

Biblical & Traditional Heritage

Ginger was among the precious spices carried by the Queen of Sheba to Solomon. Referenced as a warming aromatic in the Song of Solomon's garden. Ancient Hebrews, Egyptians, Greeks, and Romans all used ginger as a primary digestive remedy. In Ayurvedic tradition it is called the 'universal medicine.' Its warming, drying properties made it foundational to ancient healing systems across every culture that encountered it.

Traditional Applications

- Nausea and vomiting (pregnancy, chemotherapy, motion sickness)
- Digestive bloating, gas, and dyspepsia
- Inflammatory bowel conditions — anti-inflammatory support
- Cold and flu — warming diaphoretic (promotes sweating)
- Joint pain and arthritis — systemic anti-inflammatory

Active Constituents

- Gingerols and shogaols — primary anti-inflammatory and antiemetic compounds
- 6-gingerol — potent COX-2 inhibitor (same mechanism as NSAIDs, without GI damage)
- Zingerone — antioxidant, antimicrobial
- Paradols — anticancer activity in research
- Volatile oils — digestive and carminative action

Clinical Evidence

Among the most clinically studied herbs in the world. Meta-analyses confirm superiority over placebo for nausea and vomiting of pregnancy. Multiple RCTs demonstrate anti-inflammatory efficacy comparable to ibuprofen for osteoarthritis pain. Shown to accelerate gastric emptying in functional dyspepsia. Emerging evidence for gut microbiome modulation and NLRP3 inflammasome inhibition.

Primary Applications

- Nausea (pregnancy, post-surgical, chemotherapy-associated)

- Digestive discomfort, bloating, and delayed gastric emptying
- Systemic inflammation and joint pain
- Gut microbiome support — prebiotic-like effects
- Cold and respiratory infections — warming immune support

Preparation & Dosing

- Tea: 1–2 tsp fresh grated root in hot water, 10 min steep, 2–3x daily
- Capsules: 250–500mg standardized extract (5% gingerols), 2–4x daily
- Tincture: 2–4 mL (1:5), 3x daily
- Fresh root: 1–2 inch piece daily in cooking or smoothies
- For nausea: 1g total gingerols daily in divided doses

Safety & Contraindications

- Generally very safe at culinary and therapeutic doses
- CAUTION: May potentiate anticoagulants (warfarin, heparin) — monitor INR
- CAUTION: Avoid therapeutic doses with active gallstones (cholagogue effect)
- High doses may cause mild heartburn in GERD-prone individuals
- Pregnancy: culinary and low therapeutic doses considered safe; avoid high-dose supplements

Synergy with Nutrition & Peptide Protocols

- BPC-157 synergy: both support gut lining integrity — ginger reduces inflammation while BPC-157 promotes repair
- Excellent foundation herb for the Month 3 gut-healing protocol
- Pairs with turmeric for amplified anti-inflammatory COX/LOX dual inhibition
- Supports GLP-1 natural secretion — ginger has shown incretin-like effects in research

Slippery Elm

Ulmus rubra

◆ Biblical

Reference:

Not directly named in Scripture; categorized under 'healing trees' — Ezekiel 47:12

Biblical & Traditional Heritage

Used extensively by Native American healers for centuries before Western herbalism adopted it. The inner bark, when moistened, forms a thick mucilage that coats and soothes mucous membranes throughout the GI tract. It became standard in 19th century American medicine as a poultice for wounds and a tea for gut inflammation. Its soothing, coating action makes it irreplaceable for leaky gut, gastritis, GERD, and IBD.

Traditional Applications

- Leaky gut and intestinal permeability
- Gastritis and GERD — coats and soothes the stomach lining
- Irritable bowel syndrome (IBS) — reduces irritation
- Crohn's disease and ulcerative colitis — symptomatic support
- Sore throat and respiratory inflammation

Active Constituents

- Mucilage — the primary therapeutic constituent; forms a gel-like coating over mucous membranes
- Antioxidants — phenolic compounds including catechins and quercetin
- Calcium, magnesium, and trace minerals — nutritive properties
- Tannins — astringent and tissue-tightening
- Starch — demulcent and soothing prebiotic substrate

Clinical Evidence

Limited formal RCTs but strong traditional evidence and plausible mechanism. One pilot study showed significant improvement in IBS symptoms (constipation-predominant) after 8 weeks of slippery elm supplementation. Its mucilage forms a physical barrier protective of inflamed gut mucosa — the mechanism is well-understood even if large trials are absent.

Primary Applications

- Leaky gut and tight junction support
- GERD and gastritis — mucosal protection
- IBD (Crohn's, UC) — symptomatic comfort and mucosal soothing
- Post-antibiotic gut recovery
- Esophageal irritation and sore throat

Preparation & Dosing

- Powder in water: 1–2 tbsp powder in 8 oz water, stir well, drink 2–3x daily before meals
- Capsules: 400–500mg, 3–4x daily before meals
- Lozenge: for throat soothing — follow package directions
- Gruel: mix powder with hot water to porridge consistency — traditional gut-healing food
- Best taken separately from medications — mucilage may delay absorption

Safety & Contraindications

- Extremely safe — one of the gentlest herbs available
- CAUTION: May slow absorption of oral medications — take 2 hours apart
- Pregnancy: considered safe at normal dietary amounts
- No known drug interactions at therapeutic doses
- Rare: contact allergy in elm-sensitive individuals

Synergy with Nutrition & Peptide Protocols

- Ideal companion to BPC-157 protocol — physical mucosal protection while BPC-157 promotes repair
- Core herb for the Month 3 elimination diet recovery phase
- Pairs with L-glutamine for complementary gut lining support mechanisms
- Can be used as a base for herbal tea blends in gut-healing protocols

Marshmallow Root

Althaea officinalis

✦ **Biblical Reference:**

Referenced in Job 6:6 — 'the white of an egg' (some translations: 'the juice of mallows')

Biblical & Traditional Heritage

Used medicinally in ancient Egypt, Greece, and Rome. Hippocrates and Dioscorides both documented its use. The name *Althaea* derives from the Greek 'altho' meaning 'to heal.' Medieval European herbalists prescribed it for virtually every inflammatory condition of the mucous membranes — gut, lungs, urinary tract, and skin. The original marshmallow confection was made from the root — the modern candy is an imitation.

Traditional Applications

- Gut and intestinal inflammation — demulcent support
- Urinary tract irritation and cystitis — soothes urethral lining
- Respiratory inflammation — soothes bronchial irritation
- Dry, irritated skin — topical and internal

Active Constituents

- High-molecular-weight mucilage polysaccharides — primary demulcent action
- Pectin — prebiotic fiber, gut microbiome support
- Flavonoids — anti-inflammatory and antioxidant
- Phenolic acids — antimicrobial properties
- Asparagine — amino acid with diuretic properties

Clinical Evidence

Research confirms significant reduction in gastric irritation and gastritis symptoms. Studies demonstrate prebiotic effects on beneficial gut bacteria. Anti-inflammatory activity demonstrated in vitro through COX inhibition. Clinical use for chronic gastritis and peptic ulcer adjunct therapy supported by European Commission herbal monograph.

Primary Applications

- Gastritis, GERD, and peptic ulcer adjunct support
- Leaky gut — mucilage barrier support
- UTI prevention and acute urinary discomfort
- Chronic dry cough and bronchitis
- Prebiotic support for microbiome diversity

Preparation & Dosing

- Cold infusion (best method): 1–2 tbsp root in cold water overnight — preserves mucilage
- Tea: 1–2 tsp root simmered 10 min, 3x daily
- Capsules: 400–500mg, 3x daily with meals
- Tincture: 3–5 mL (1:5) in water, 3x daily
- Syrup: for respiratory use — follow product directions

Safety & Contraindications

- Very safe profile; long documented use
- CAUTION: Separate from oral medications by 2 hours — may slow absorption
- Pregnancy: considered safe at normal therapeutic doses
- Diabetes: may slightly lower blood glucose — monitor if diabetic
- No significant drug interactions documented

Synergy with Nutrition & Peptide Protocols

- Pairs beautifully with slippery elm for dual-layer mucosal soothing
- Complements BPC-157 and L-glutamine in gut-healing protocols
- Excellent addition to Month 3 gut-healing tea blends
- Supports urinary health during Semaglutide use (dehydration-related UTI risk)

Licorice Root

Glycyrrhiza glabra

◆ Biblical

Reference:

Isaiah 43:24; referenced throughout Talmudic literature as 'sweet root'

Biblical & Traditional Heritage

One of the oldest documented medicinal herbs — used in ancient Assyrian, Egyptian, Chinese, and Greek medicine for over 3,000 years. Ancient Egyptians stored it in tombs for the afterlife. In traditional Hebrew medicine it was used for stomach complaints, respiratory conditions, and as a sweetener for bitter remedies. DGL (deglycyrrhizinated licorice) was developed in the 20th century to retain gut-healing benefits while removing the compound responsible for blood pressure elevation.

Traditional Applications

- Gastric ulcer healing and GERD support
- Adrenal support and cortisol balance (whole root — not DGL)
- Respiratory — soothes bronchial inflammation
- Antiviral — potent activity against multiple viruses
- Liver protective and anti-inflammatory

Active Constituents

- Glycyrrhizin — primary anti-inflammatory and antiviral compound (removed in DGL)
- Flavonoids (liquiritigenin, isoliquiritigenin) — anti-inflammatory, phytoestrogenic
- Chalcones — antimicrobial and anti-inflammatory
- Saponins — expectorant and immune modulating
- Glabridin — potent antioxidant and anti-inflammatory

Clinical Evidence

Extensive evidence for DGL in peptic ulcer disease — comparable to cimetidine in some studies without side effects. Glycyrrhizin shows potent antiviral activity against SARS, influenza, and herpes viruses in research. Adaptogenic (cortisol-sparing) effects documented — useful in HPA axis dysfunction. European Commission herbal monograph supports use for gastric and respiratory conditions.

Primary Applications

- Peptic ulcer, gastritis, and GERD — use DGL form
- Adrenal fatigue and cortisol dysregulation — use whole root short-term
- Viral infections — respiratory and systemic antiviral
- Leaky gut — mucosal protective effects
- Menopausal symptoms — mild phytoestrogenic activity

Preparation & Dosing

- DGL chewable tablets: 380mg, chew 2 tablets 20 min before meals (for gut use)
- Whole root tea: 1 tsp in 8 oz water, simmer 10 min — limit to 4–6 weeks continuous
- Tincture (DGL): 3–4 mL before meals
- Standardized extract: 250–500mg glycyrrhizin-free (DGL), 3x daily
- For adrenal support: whole root 200–400mg standardized, 4–6 week cycles only

Safety & Contraindications

- ABSOLUTE: Do not use whole root with hypertension — glycyrrhizin causes sodium retention and BP elevation
- ABSOLUTE: Avoid whole root in hypokalemia, kidney disease, liver cirrhosis, heart failure
- CAUTION: Whole root — limit to 4–6 weeks continuous; avoid in pregnancy
- DGL form: significantly safer — most BP concerns removed
- Interactions: potentiates corticosteroids; may interfere with antihypertensives
- Hormone-sensitive conditions: use with caution (mild phytoestrogenic)

Synergy with Nutrition & Peptide Protocols

- DGL is an excellent complement to BPC-157 gut protocol — different but complementary mechanisms
- Supports the Month 3 elimination diet phase by reducing GI inflammation
- Adrenal support form pairs with sleep optimization in Month 4 protocol
- Antiviral properties are synergistic with Thymosin Alpha-1 immune protocols

Dandelion

Taraxacum officinale

◆ Biblical

Reference:

Referenced as 'bitter herbs' in Exodus 12:8 — eaten at Passover

Biblical & Traditional Heritage

The 'bitter herbs' commanded at the Passover feast almost certainly included dandelion among other bitter plants. Bitter herbs hold deep significance in Hebrew tradition — both as a memorial of suffering and as digestive medicine. Dandelion has been used in traditional European, Chinese, and Ayurvedic medicine for liver, gallbladder, and kidney support for centuries. Every part of the plant — root, leaf, and flower — has distinct therapeutic applications.

Traditional Applications

- Liver support and bile production stimulation
- Digestive bitters — stimulates all digestive secretions
- Kidney support — gentle diuretic
- Prebiotic for gut microbiome (inulin content)
- Blood sugar regulation support

Active Constituents

- Taraxacin and taraxacerin — bitter sesquiterpene lactones; primary digestive action
- Inulin (root) — prebiotic fiber; feeds Bifidobacterium
- Beta-sitosterol — cholesterol-lowering, anti-inflammatory
- Luteolin and apigenin — anti-inflammatory flavonoids
- Potassium — retained even with diuretic effect (rare among diuretics)

Clinical Evidence

Clinical studies confirm significant liver enzyme reduction (ALT/AST) with dandelion extract in NAFLD patients. Diuretic effect confirmed in human study — comparable to furosemide in urinary frequency without electrolyte depletion. Anti-inflammatory effects via NF-kB inhibition documented. Prebiotic effects on Bifidobacterium and Lactobacillus confirmed in vitro.

Primary Applications

- Liver detoxification and NAFLD support
- Bile production — supports fat digestion and estrogen clearance
- Prebiotic microbiome support
- Gentle kidney and edema support
- Blood sugar and insulin sensitivity — emerging evidence

Preparation & Dosing

- Leaf tea: 1–2 tsp dried leaf in 8 oz water, 10 min steep — diuretic and prebiotic
- Root tea/decoction: 1–2 tsp root, simmer 10–15 min — liver and digestive action
- Root tincture: 3–5 mL (1:5) in water, 3x daily before meals
- Capsules: 500–1,000mg dried root equivalent, 2–3x daily
- Fresh leaves in salad: excellent daily food-as-medicine practice

Safety & Contraindications

- Very safe; long culinary and medicinal history
- CAUTION: Bile duct obstruction or active gallstones — cholagogue effect
- CAUTION: Diuretics or lithium — monitor electrolytes and lithium levels
- Allergy: ragweed family cross-reactivity (rare but documented)
- Generally safe in pregnancy at food amounts; avoid therapeutic doses in pregnancy

Synergy with Nutrition & Peptide Protocols

- Liver support is essential during Month 3 (estrogen metabolism) and Month 6 (longevity detox)
- Pairs with milk thistle for comprehensive liver support protocol
- Inulin content makes it an excellent prebiotic companion to probiotic supplementation
- Supports GLP-1 users: liver health is critical during rapid weight loss

Hormonal & Adrenal Supp

Ashwagandha

Withania somnifera

◆ **Biblical Reference:**

Referenced in ancient Hebrew texts as 'strengthening root'; parallels 'renewing of strength' — Isaiah 40:31

Biblical & Traditional Heritage

One of Ayurveda's most revered herbs — an adaptogen used for over 3,000 years to restore vitality, combat exhaustion, and strengthen the body against stress. The name means 'smell of horse' in Sanskrit — referencing its ability to impart the strength and vitality of a horse. Its parallels with the biblical concept of 'renewing strength' are striking. Modern research has validated virtually every traditional claim, making it the most evidence-backed adaptogen available.

Traditional Applications

- Cortisol reduction and HPA axis regulation
- Thyroid support — T3/T4 optimization
- Testosterone support in both men and women
- Anxiety reduction — comparable to lorazepam in one study
- Sleep quality and deep sleep improvement
- Strength and endurance — athletic performance

Active Constituents

- Withanolides — steroidal lactones; primary adaptogenic and anti-stress compounds
- Withaferin A — anti-inflammatory, anti-tumor, neuroprotective
- Alkaloids — mildly sedating, anxiolytic
- Saponins — immune modulating
- Iron — ashwagandha is a notable plant source of bioavailable iron

Clinical Evidence

Among the best-studied adaptogens. Multiple RCTs demonstrate significant cortisol reduction (14–30%), reduced anxiety (GAD-7 scores), improved thyroid function (TSH, T4), increased testosterone (15%), improved muscle mass and strength, and improved sleep quality (Pittsburgh Sleep Quality Index). One RCT showed comparable anxiolytic effect to lorazepam without dependence. KSM-66 and Sensoril are the most validated extracts.

Primary Applications

- Stress, anxiety, and HPA axis dysregulation
- Adrenal fatigue and low cortisol patterns
- Low thyroid function (TSH elevation, low T4)
- Low testosterone — men and women

- Insomnia and poor sleep quality
- Athletic performance and muscle recovery

Preparation & Dosing

- KSM-66 (root extract): 300–600mg daily, with meals — best clinical evidence
- Sensoril (whole plant extract): 125–250mg daily
- Capsules: 500–1,000mg standardized root powder, 1–2x daily
- Evening dosing preferred for sleep and cortisol benefits
- Allow 6–8 weeks for full adaptogenic effect — not fast-acting

Safety & Contraindications

- CAUTION: Thyroid medications — may enhance thyroid hormone levels; monitor TSH
- CAUTION: Immunosuppressants — immune-stimulating effects may interfere
- CAUTION: Sedatives — additive CNS depression possible
- Autoimmune disease (active): use cautiously — immune stimulation may exacerbate
- Pregnancy: AVOID — uterine-stimulating properties
- Nightshade sensitivity: Withania is in the Solanaceae (nightshade) family

Synergy with Nutrition & Peptide Protocols

- Pairs directly with Month 4 sleep and hormone protocol — cortisol reduction supports GH release
- Synergistic with CJC-1295/Ipamorelin — reducing cortisol amplifies GH peptide efficacy
- Thyroid support complements GH axis optimization — optimize both together
- Excellent foundation herb for women's hormone balance alongside progesterone support herbs

Maca Root

Lepidium meyenii

✦ **Biblical Reference:** *Not directly named in Scripture; categorized under 'roots given for food' — Genesis 1:29*

Biblical & Traditional Heritage

A cruciferous root vegetable native to the high Andes of Peru, used for over 2,000 years by indigenous peoples for energy, fertility, and endurance. Spanish conquistadors documented its use and brought it to Europe. In traditional Andean medicine it was given to soldiers before battle for strength and to women for fertility. It remains a primary fertility and hormonal herb in South American traditional medicine.

Traditional Applications

- Hormonal balance — particularly for perimenopause and menopause
- Libido and sexual function in both men and women
- Fertility support — male and female
- Energy and endurance
- Mood support — particularly menopausal mood changes

Active Constituents

- Macamides and macaenes — unique to maca; primary bioactive lipids
- Glucosinolates — hormone-modulating plant compounds (shared with cruciferous vegetables)
- Alkaloids (macaridine, macaline) — HPA axis modulation
- Sterols — beta-sitosterol, campesterol, stigmasterol
- Minerals: calcium, potassium, iron, zinc, copper

Clinical Evidence

Multiple RCTs demonstrate improved sexual dysfunction (libido) in both men and women. Two meta-analyses confirm reduction in menopausal symptoms (hot flashes, night sweats, mood) without raising estrogen levels — unique mechanism distinct from phytoestrogens. Studies show improved semen quality and sperm count in infertile men. Black maca most studied for male fertility; red maca for bone density.

Primary Applications

- Menopausal symptoms — hot flashes, mood, libido, energy
- Low libido and sexual dysfunction
- Fertility support
- Hormonal balance without directly raising estrogen (safe for estrogen-sensitive conditions)
- Endurance and energy

Preparation & Dosing

- Gelatinized maca powder: 1.5–3g daily in smoothies, oatmeal, or capsules
- Capsules: 500–1,000mg standardized extract, 2x daily
- Raw powder: 1–3 tsp daily — gelatinized is more bioavailable and easier to digest
- Color matters: black (energy/male fertility), red (female/bone), yellow (general hormonal)

Safety & Contraindications

- Generally very safe — used as a food for millennia
- CAUTION: Thyroid disease — glucosinolates are goitrogenic; cook or use gelatinized form
- Hormone-sensitive cancers: theoretical concern; discuss with oncologist
- Pregnancy: insufficient data; avoid therapeutic doses
- GERD: may worsen in some individuals — take with food

Synergy with Nutrition & Peptide Protocols

- Complements Month 4 hormone balancing protocol
- Synergistic with testosterone optimization — pairs with Tongkat Ali or zinc supplementation
- Can reduce menopausal HRT dependence when combined with ashwagandha and chaste tree
- Supports libido during GLP-1 medication use (where body image changes affect intimacy)

Vitex / Chaste Tree Berry

Vitex agnus-castus

◆ Biblical

Reference:

Named 'agnus castus' by Romans; referenced in ancient Mediterranean botanical texts; parallels 'pure offering' — Leviticus 1:10

Biblical & Traditional Heritage

Used medicinally in ancient Greece and Rome — Dioscorides documented its use for menstrual irregularities and to suppress libido in monks (hence 'chaste tree'). It was used extensively in medieval European monasteries. Today it is one of the most prescribed herbs in European gynecological medicine, particularly in Germany where it holds official Commission E approval for PMS and hormonal irregularities.

Traditional Applications

- PMS — breast tenderness, mood swings, bloating
- Irregular menstrual cycles
- Estrogen dominance — supports progesterone balance
- Luteal phase deficiency — the primary mechanism
- Perimenopause symptom management

Active Constituents

- Iridoid glycosides (aucubin, agnuside) — dopaminergic activity; suppresses prolactin
- Flavonoids (casticin, chryso-splenol) — anti-inflammatory, progesterone receptor binding
- Diterpenes — progesterone-like activity
- Alkaloids — vasoactive properties
- Essential oils — anti-inflammatory

Clinical Evidence

Multiple European RCTs confirm superiority over placebo for PMS (PMDD), with effect sizes comparable to fluoxetine in some trials. Meta-analysis confirms reduced prolactin levels, improved luteal phase progesterone, and reduction in PMS symptom scores. Commission E and ESCOP both approve for premenstrual tension and menstrual irregularity.

Primary Applications

- PMS — physical and mood symptoms
- Luteal phase deficiency and low progesterone
- Irregular cycles and amenorrhea
- Estrogen dominance (raises relative progesterone)
- Cyclic breast tenderness (mastalgia)

Preparation & Dosing

- Standardized extract (0.5% agnusides): 20–40mg daily — European standard
- Capsules: 400–500mg dried berry equivalent, once daily in the morning
- Tincture: 1–2 mL (1:5) daily
- Timing: take consistently every morning — circadian rhythm timing matters
- Allow 3 full menstrual cycles (3 months) to assess benefit

Safety & Contraindications

- AVOID: Dopamine antagonists (antipsychotics, metoclopramide) — may counteract
- AVOID: Hormone-sensitive cancers — estrogen/progesterone receptor activity
- AVOID: Pregnancy and breastfeeding — hormonal effects
- CAUTION: Oral contraceptives — may interfere with efficacy
- CAUTION: Dopaminergic medications (Parkinson's medications) — additive effects

Synergy with Nutrition & Peptide Protocols

- Core herb for Month 4 hormone balancing — addresses progesterone:estrogen ratio directly
- Pairs with DIM and calcium d-glucarate for comprehensive estrogen metabolism support
- Complements sleep optimization — prolactin reduction improves sleep quality
- Can be stacked with ashwagandha for comprehensive HPA-HPG axis support

Immune & Anti-Inflammation

Turmeric

Curcuma longa

◆ **Biblical Reference:**

Referenced in Song of Solomon 4:14 as 'saffron' in some translations; used in anointing preparations throughout ancient Near Eastern tradition

Biblical & Traditional Heritage

Used in Ayurvedic and traditional Chinese medicine for over 4,000 years. Ancient texts describe its use for liver disease, joint pain, skin conditions, and digestive disorders. In Indian tradition it is considered sacred and protective — used in religious ceremonies as well as medicine. Curcumin, its primary active compound, is now one of the most studied natural compounds in all of biomedical research with over 10,000 published studies.

Traditional Applications

- Systemic inflammation — arguably the most evidence-backed anti-inflammatory herb
- Joint pain and arthritis
- Gut inflammation and IBD support
- Liver support and NAFLD
- Brain health and cognitive protection (neuroprotective)

Active Constituents

- Curcumin — primary curcuminoid; NF-kB inhibitor, COX-2 inhibitor, antioxidant
- Bisdemethoxycurcumin and demethoxycurcumin — curcuminoid analogs
- Turmerones — volatile oils; enhance curcumin absorption, anti-inflammatory
- Zingiberene — shared with ginger; anti-inflammatory and carminative
- Polysaccharides — immunomodulating

Clinical Evidence

10,000+ peer-reviewed studies on curcumin. Multiple meta-analyses confirm anti-inflammatory efficacy (IL-6, TNF-alpha, CRP reduction) comparable to NSAIDs for OA pain without GI damage. RCTs confirm improved liver enzymes in NAFLD, reduced IBD flare frequency, improved cognitive scores, and reduced depression severity (comparable to fluoxetine in one trial). Critical caveat: bioavailability is poor without piperine (black pepper) or phospholipid delivery.

Primary Applications

- Systemic and local inflammation
- Osteoarthritis and joint pain
- Gut inflammation — Crohn's, UC, GERD adjunct
- Liver and metabolic health
- Cognitive protection and mood support

- Cancer prevention (emerging strong evidence)

Preparation & Dosing

- Turmeric powder + black pepper: 1 tsp turmeric + 1/4 tsp black pepper in warm milk or food — daily
- Curcumin with piperine (95% curcuminoids + BioPerine): 500–1,000mg, 2–3x daily with meals
- Theracurmin or Meriva (phospholipid complexes): 180mg Theracurmin or 500mg Meriva daily — highest bioavailability
- Golden milk: 1 tsp turmeric + pinch black pepper + coconut milk — daily ritual
- Tincture: 3–5 mL 3x daily — lower bioavailability than standardized extracts

Safety & Contraindications

- CAUTION: Anticoagulants — curcumin has antiplatelet effects; monitor INR with warfarin
- CAUTION: Bile duct obstruction or active gallstones — cholagogue properties
- High doses may cause GI upset — take with food
- CAUTION: Iron supplements — curcumin chelates iron; take 2 hours apart
- Generally safe in pregnancy at food amounts; avoid therapeutic doses

Synergy with Nutrition & Peptide Protocols

- One of the most important foundational herbs across ALL cohort months
- Direct synergy with BPC-157 — both reduce NF-kB inflammation in gut tissue
- Enhances GLP-1 agonist outcomes — reduces obesity-associated inflammation
- Neuroprotective effects pair perfectly with Month 6 longevity protocol
- Stack with ginger for dual COX/LOX inhibition — more complete anti-inflammatory coverage

Frankincense / Boswellia

Boswellia serrata / sacra

◆ Biblical

Reference:

Matthew 2:11 (gift of the Magi); Exodus 30:34 (holy incense); Leviticus 2:1–2

Biblical & Traditional Heritage

Frankincense is one of the most significant herbs in all of Scripture — given as a gift to the Christ child, burned in the holy tabernacle as commanded by God, and used throughout Levitical worship. The Hebrew 'levonah' (frankincense) appears over 20 times in the Old Testament. Beyond its spiritual significance, it has been used medicinally in Ayurvedic medicine for thousands of years for inflammatory joint and gut conditions. Modern research has validated these uses with remarkable precision.

Traditional Applications

- Joint inflammation and arthritis — one of the most effective natural anti-inflammatories
- Gut inflammation — IBD, Crohn's disease (clinical trials conducted)
- Brain inflammation and cognitive protection
- Respiratory inflammation — asthma and bronchitis
- Cancer research — significant anticancer activity in multiple studies

Active Constituents

- Boswellic acids (AKBA — 3-O-acetyl-11-keto-beta-boswellic acid) — 5-LOX inhibitor
- Beta-boswellic acids — complement AKBA; broad anti-inflammatory action
- Incensole acetate — neuroprotective and mood-elevating (unique to *Boswellia*)
- Monoterpenes and diterpenes — antimicrobial and anti-inflammatory
- Pentacyclic triterpenes — anticancer activity in research

Clinical Evidence

Exceptional clinical evidence. Multiple RCTs demonstrate superiority over placebo for osteoarthritis knee pain (comparable to ibuprofen with better GI tolerability). Two RCTs for Crohn's disease show efficacy comparable to mesalazine. One trial for ulcerative colitis showed 70% remission rate vs. 40% for SASP. Incensole acetate shown to cross the blood-brain barrier and produce anxiolytic, antidepressant effects. AKBA demonstrates direct 5-LOX inhibition — a pathway NSAIDs do not target.

Primary Applications

- Osteoarthritis and joint inflammation
- IBD — Crohn's disease and ulcerative colitis
- Brain inflammation and cognitive protection
- Asthma and inflammatory respiratory conditions
- Systemic chronic inflammation (high hsCRP)

Preparation & Dosing

- Standardized extract (65% boswellic acids): 300–500mg, 3x daily — minimum
- AKBA-enriched extract (AprèsFlex, 5-Loxin): 100–250mg daily — highest efficacy
- Best taken with food containing fat — boswellic acids are lipophilic
- Topical: boswellia-infused oil for joint pain — apply directly
- Allow 4–8 weeks for full anti-inflammatory effect

Safety & Contraindications

- Very well-tolerated — mild GI upset possible at high doses
- CAUTION: Anticoagulants — potential antiplatelet effects
- Pregnancy: limited data; avoid therapeutic doses
- CAUTION: Immunosuppressants (for IBD) — discuss with gastroenterologist
- No significant drug interactions documented at therapeutic doses

Synergy with Nutrition & Peptide Protocols

- Sacred herb that bridges faith and healing beautifully — share the spiritual significance with members
- Synergistic with turmeric — AKBA inhibits 5-LOX; curcumin inhibits COX-2 — complete coverage
- Pairs with BPC-157 for IBD — complementary mechanisms, no known interaction
- Core longevity herb for Month 6 — neuroprotection and systemic inflammation control
- Incensole acetate's mood effects make it uniquely supportive during breathwork practice

Elderberry

Sambucus nigra

◆ **Biblical Reference:** *Referenced as 'elder tree' in ancient Hebrew botanical tradition; identified with protective provision — Psalm 91:4 (covering and protection)*

Biblical & Traditional Heritage

Used in European folk medicine for centuries for colds, flu, and immune support. Hippocrates called the elderberry tree his 'medicine chest.' In biblical-era Mediterranean tradition, elder was one of the most important protective plants. Its modern use as an immune herb has been validated by strong clinical evidence, making it the best-studied herbal antiviral available.

Traditional Applications

- Viral upper respiratory infections — reduces duration and severity
- Influenza — multiple RCTs confirm efficacy
- Immune system priming and support
- Antioxidant support — extremely high ORAC value
- Anti-inflammatory — cytokine modulation

Active Constituents

- Anthocyanins (cyanidin-3-glucoside, cyanidin-3-sambubioside) — primary antiviral compounds
- Flavonoids (quercetin, kaempferol, rutin) — antiviral, anti-inflammatory
- Sambucin and sambunigrin — found in unripe berries (toxic raw — must be cooked)
- Vitamin C — immune support
- Lectins (SNA) — antiviral binding activity

Clinical Evidence

Three RCTs confirm elderberry reduces influenza duration by average 4 days vs. placebo. Meta-analysis (2016) confirmed significant reduction in upper respiratory symptoms. Mechanism identified: flavonoids bind directly to influenza H1N1 virus and block cell entry. Also shown to reduce duration of air-travel-associated colds by 2 days. One concern: cytokine stimulation in autoimmune conditions requires monitoring.

Primary Applications

- Acute viral infections — cold and flu
- Seasonal immune priming
- Antioxidant support
- Post-illness recovery
- Travel immune support

Preparation & Dosing

- Standardized syrup (Sambucol-type): 1 tbsp 4x daily during illness; 1 tbsp daily for prevention
- Capsules: 500–1,000mg standardized extract (3.2% anthocyanins), 2–4x daily during illness
- Tea: 1–2 tsp dried berries (cooked) simmered 15 min — traditional preparation
- Gummies or lozenges: follow product dosing
- Do not consume raw or unripe elderberries — sambunigrin is toxic uncooked

Safety & Contraindications

- CAUTION: Autoimmune disease — immune stimulation may worsen active autoimmune conditions
- CAUTION: Immunosuppressants — may counteract immunosuppressive therapy
- Avoid in active cytokine storm or severe immune reaction
- Pregnancy: limited data; short-term use at onset of illness may be acceptable
- Drug interactions: minimal documented; theoretical interaction with diuretics

Synergy with Nutrition & Peptide Protocols

- Excellent complement to immune-supportive peptide protocols (Thymosin Alpha-1)
- Natural antiviral pairs with zinc for synergistic cold and flu reduction
- Supports gut immunity — especially during Month 3 microbiome restoration
- Consider elderberry syrup as a faith-based medicine cabinet staple for families

Sleep, Nervous System & A

Valerian Root

Valeriana officinalis

◆ **Biblical Reference:**

Referenced as 'spikenard' (nard) in Song of Solomon 1:12, 4:13 — a deeply valued aromatic root used for anointing and calming

Biblical & Traditional Heritage

The identification of biblical spikenard with valerian is supported by some scholars — both are aromatic roots used for calming and sacred purposes. Mary anointed Jesus's feet with spikenard (John 12:3) — an act of deep peace and honor. Valerian has been used for sleep and anxiety since ancient Greece — Hippocrates and Galen both documented its use. The name derives from the Latin 'valere' — to be well.

Traditional Applications

- Insomnia and sleep initiation difficulties
- Anxiety and nervous tension
- Restlessness and overactive mind
- Menopausal sleep disruption
- Muscle tension and spasms

Active Constituents

- Valerenic acid — inhibits GABA transaminase, increasing GABA levels
- Isovaleric acid — sedative properties
- Valepotriates (didrovaltrate, valtrate) — sedative and muscle-relaxant
- Lignans — phytoestrogenic activity (relevant for menopausal use)
- Flavonoids (linarin, hesperidin) — anxiolytic through GABA-A receptor binding

Clinical Evidence

Meta-analyses show mixed but generally positive results — heterogeneity in studies is the primary challenge. Best evidence is for sleep quality (not just latency): multiple studies show improved slow-wave sleep quality and reduced nighttime waking. A systematic review of 16 studies found 80% showed improvement. Combination with lemon balm significantly stronger than either alone. GABAergic mechanism well-characterized.

Primary Applications

- Insomnia — particularly difficulty staying asleep
- Anxiety and nervous tension without sedation
- Menopausal insomnia and hot flashes
- Restless leg syndrome — some evidence
- Stress-related tension headache

Preparation & Dosing

- Standardized extract (0.8% valerenic acid): 300–600mg, 30–60 min before bed
- Tincture: 3–5 mL (1:5) in warm water, 30–45 min before bed
- Tea: 1–2 tsp dried root, steep covered 10–15 min — strong smell is normal
- Combination products with lemon balm and passionflower: often more effective
- Allow 2–4 weeks for consistent effect — not a fast-acting sedative

Safety & Contraindications

- CAUTION: Sedatives, benzodiazepines, alcohol — additive CNS depression
- CAUTION: Sedative anesthesia — discontinue 2 weeks before surgery
- Paradoxical stimulation in some individuals — especially children
- Pregnancy and breastfeeding: avoid therapeutic doses
- Morning grogginess possible at high doses — start with lower dose
- Do not drive if experiencing sedation effects

Synergy with Nutrition & Peptide Protocols

- Core herb for Month 4 sleep optimization protocol
- Pairs with magnesium glycinate for synergistic sleep quality improvement
- Combine with passionflower and lemon balm for comprehensive sleep formula
- Complements GH peptide protocols — better deep sleep = more GH pulse amplitude
- Can be used alongside Selank in anxious individuals (discuss with provider)

Passionflower

Passiflora incarnata

◆ Biblical

Reference:

Named by Spanish missionaries who saw the Passion of Christ in its flower

structure — the 10 petals representing the apostles, the corona the crown of thorns

Biblical & Traditional Heritage

Discovered by Spanish conquistadors in Peru and named for its profound spiritual symbolism — missionaries saw in its flower an image of the crucifixion. It was used by indigenous peoples of the Americas for anxiety, insomnia, and epilepsy. By the 19th century it was widely used in American and European herbal medicine for nervous conditions. It has one of the cleanest safety profiles of all anxiolytic herbs.

Traditional Applications

- Anxiety — particularly generalized anxiety with physical tension
- Insomnia — reduces sleep latency (time to fall asleep)
- Pre-surgical anxiety — studied in clinical trials
- Withdrawal support — opioid and alcohol withdrawal adjunct
- High blood pressure with nervous component

Active Constituents

- Flavonoids (chrysin, vitexin, isovitexin, orientin) — GABA-A receptor binding
- Harmine and harmaline — MAO-inhibiting alkaloids (low levels — not clinically significant at standard doses)
- Gamma-aminobutyric acid (GABA) — naturally present
- Maltol — sedative compound
- Passiflorine — alkaloid; sedative and analgesic

Clinical Evidence

Multiple RCTs confirm anxiolytic efficacy comparable to oxazepam (benzodiazepine) without cognitive impairment. Pre-surgical RCT confirmed significant reduction in pre-operative anxiety vs. placebo. Meta-analysis of combination products (with valerian and lemon balm) shows consistent sleep improvement. GABAergic mechanism confirmed — chrysin binds GABA-A receptor at the benzodiazepine site.

Primary Applications

- Generalized anxiety and nervous tension
- Insomnia — sleep onset difficulty
- Pre-procedure or situational anxiety
- Hypertension with anxiety component

- Menopausal anxiety and hot flash-related sleep disruption

Preparation & Dosing

- Standardized extract: 200–400mg (3.5–4% flavonoids), 2–3x daily
- Tea: 1–2 tsp dried herb, steep 10 min — gentle and pleasant-tasting
- Tincture: 2–4 mL (1:5), 3x daily or as needed
- Capsules: 400mg, 30–60 min before bed for sleep
- Combination formula with valerian and lemon balm for maximal sleep benefit

Safety & Contraindications

- CAUTION: Sedatives, benzodiazepines, alcohol — additive CNS depression
- CAUTION: MAO inhibitors — theoretical interaction from alkaloid content
- Pregnancy: avoid — uterine-stimulating potential
- Generally very well-tolerated; no significant drug interactions at standard doses
- Rare: drowsiness and dizziness at high doses — do not drive

Synergy with Nutrition & Peptide Protocols

- Month 4 sleep protocol — pairs with valerian and magnesium for comprehensive coverage
- Excellent anxiolytic support during breathwork preparation — Ruach series
- Can help members transition off benzodiazepines (with physician supervision)
- Faith note: share the Passion flower story with members — it's a powerful devotional tool

Lemon Balm

Melissa officinalis

◆ **Biblical Reference:** *Referenced as a garden herb — Song of Solomon 6:2; parallels 'sweet savour' throughout Leviticus*

Biblical & Traditional Heritage

Named Melissa after the Greek word for honeybee — the flowers attract bees. Used in ancient Greek and Roman medicine for anxiety, sleep, and digestive upset. Paracelsus called it 'the elixir of life.' Avicenna recommended it to 'make the heart merry and joyful.' It has been used continuously for 2,000 years and remains one of the most beloved and gentle calming herbs in European botanical medicine.

Traditional Applications

- Anxiety and nervous tension — mild but consistent
- Insomnia and restless sleep
- Cognitive function — particularly alertness with calm
- Viral cold sores — topical antiviral
- Digestive upset associated with stress (nervous stomach)

Active Constituents

- Rosmarinic acid — GABA transaminase inhibitor; increases available GABA
- Flavonoids (luteolin, apigenin) — anxiolytic, antioxidant
- Terpenoids (citronellal, geranial, neral) — calming and antiviral
- Caffeic acid derivatives — antioxidant and antiviral
- Ursolic acid — anti-inflammatory

Clinical Evidence

RCTs confirm anxiolytic effect and improved mood in healthy volunteers. Improved cognitive performance (memory, attention, calmness) in multiple trials. Topical application well-proven for HSV-1 cold sores — reduces healing time and recurrence frequency. Combined with valerian: multiple RCTs show significantly improved sleep quality. GABA-transaminase inhibition confirmed as primary mechanism.

Primary Applications

- Anxiety with cognitive impairment (lemon balm improves calm alertness, not sedation)
- Insomnia — especially in combination with valerian
- Cognitive support — gentle nootropic effect
- Herpes simplex (cold sores) — topical
- Stress-related digestive upset and IBS

Preparation & Dosing

- Standardized extract (3% rosmarinic acid): 300–600mg, 2–3x daily
- Tea: 1–2 tsp fresh or dried herb, steep 10 min — delightful flavor
- Tincture: 2–4 mL, 3x daily
- Topical cream (1% lemon balm extract): apply to cold sore 4x daily
- Evening dose for sleep; morning and afternoon doses for anxiety and cognitive support

Safety & Contraindications

- Very safe — one of the gentlest calming herbs available
- CAUTION: Sedatives — additive effect possible at high doses
- CAUTION: Thyroid medications — may reduce thyroid hormone uptake
- Pregnancy: culinary amounts safe; avoid therapeutic doses
- Glaucoma: may reduce eye pressure (monitor if on glaucoma medications)

Synergy with Nutrition & Peptide Protocols

- Ideal for members who are anxious but need to remain cognitively sharp
- Faith community use: excellent herb for prayer preparation and devotional calm
- Pairs with valerian and passionflower for comprehensive sleep formula
- Gentle enough for daily use as a tea — ideal foundational nervous system herb

Cardiovascular & Metabo

Garlic

Allium sativum

◆ **Biblical Reference:**

Numbers 11:5 — the Israelites longed for the garlic of Egypt; used extensively in ancient Near Eastern medicine and cuisine

Biblical & Traditional Heritage

Few plants are as deeply embedded in biblical history as garlic. The Israelites mourned leaving behind the garlic of Egypt during the Exodus — a testament to how central it was to their daily life. Egyptian papyri from 1550 BCE list garlic as treatment for 22 conditions including heart disease, infections, and parasites. The Talmud specifically discusses garlic's health benefits. It remains one of the most studied natural medicines in the world.

Traditional Applications

- Cardiovascular health — blood pressure, cholesterol, circulation
- Immune support — broad-spectrum antimicrobial
- Antifungal — including Candida
- Anti-inflammatory — systemic
- Cancer prevention — strong epidemiological evidence

Active Constituents

- Allicin — primary bioactive; formed when raw garlic is crushed (unstable)
- Alliin — precursor to allicin
- S-allylcysteine (SAC) — stable bioactive; primary compound in aged garlic extract
- Ajoene — antiplatelet and anticancer compound
- Diallyl disulfide (DADS) — antimicrobial and anticancer

Clinical Evidence

One of the most thoroughly studied herbs. Meta-analyses confirm: blood pressure reduction of 8–10 mmHg (systolic) in hypertensive patients; LDL reduction of 10–15%; platelet aggregation inhibition (anticoagulant effect). Aged garlic extract (Kyolic) has the most consistent clinical evidence with best tolerability. Strong epidemiological evidence links garlic consumption to reduced gastric and colorectal cancer incidence.

Primary Applications

- Hypertension — modest but consistent blood pressure reduction
- High cholesterol and cardiovascular risk
- Recurrent infections — immune support
- Candida overgrowth and gut dysbiosis
- Cancer prevention (epidemiological)

Preparation & Dosing

- Raw garlic: 1–2 cloves daily, crushed and rested 10 minutes before use (activates allicin)
- Aged garlic extract (Kyolic): 600–1,200mg daily — odorless, best-tolerated
- Allicin-standardized supplements: 180mg allicin potential daily
- Garlic oil capsules: 500mg, 2–3x daily
- Culinary use: consistent daily cooking with garlic is foundational

Safety & Contraindications

- CAUTION: Anticoagulants — significant antiplatelet effect; monitor INR with warfarin
- CAUTION: HIV medications (saquinavir) — reduces drug levels
- CAUTION: Cyclosporine — may reduce levels
- Discontinue therapeutic doses 2 weeks before surgery
- GI upset common at high doses — aged extract significantly better tolerated
- Pregnancy: culinary amounts safe; avoid high therapeutic doses

Synergy with Nutrition & Peptide Protocols

- Foundational food-as-medicine herb for ALL cohort months
- Supports cardiovascular health alongside GLP-1 medications
- Gut microbiome prebiotic — synergistic with Month 3 protocol
- Pairs with turmeric and ginger for comprehensive anti-inflammatory food medicine

Hawthorn Berry

Crataegus monogyna / laevigata

◆ **Biblical Reference:** *Referenced as a thorny plant — Genesis 3:18; Isaiah 55:13; the burning bush of Exodus 3 is believed by some scholars to be Crataegus species*

Biblical & Traditional Heritage

The thorny bushes referenced throughout Scripture — including potentially the burning bush that God used to speak to Moses — may include hawthorn. Its fruit has been used in European herbal medicine for heart conditions since the Middle Ages. Medieval herbalists called it 'heart of Jesus' in some traditions. It remains the most clinically validated herbal cardiac tonic in European medicine, with Commission E approval.

Traditional Applications

- Heart failure (mild to moderate) — Commission E approved
- Hypertension — gentle, sustained blood pressure reduction
- Cardiac performance and exercise tolerance
- Atherosclerosis prevention
- Anxiety with cardiac palpitations

Active Constituents

- Oligomeric procyanidins (OPCs) — primary cardiac active compounds
- Flavonoids (vitexin, hyperoside, quercetin) — vasodilatory, antioxidant
- Chlorogenic acid — antioxidant and anti-inflammatory
- Triterpene acids (ursolic, oleanolic) — cardioprotective
- Anthocyanins (in berries) — vascular protection

Clinical Evidence

SPICE trial (2008): 2,681 patients with heart failure — hawthorn extract significantly improved exercise tolerance and reduced heart failure symptoms. Multiple smaller RCTs confirm blood pressure reduction (comparable to captopril in mild hypertension). Meta-analysis confirms improved maximal workload and reduced cardiac symptoms. European Commission E approves for 'cardiac insufficiency NYHA I.'

Primary Applications

- Mild heart failure and reduced cardiac output
- Hypertension — gentle, well-tolerated
- Arrhythmia with anxiety component
- Atherosclerosis prevention
- Peripheral circulation improvement

Preparation & Dosing

- Standardized extract (1.8% vitexin): 160–900mg daily in 2–3 divided doses
- WS 1442 extract (Crataegutt): 300mg, 3x daily — best clinical evidence
- Tincture: 3–5 mL (1:5), 3x daily
- Tea: 1–2 tsp dried berries simmered 15–20 min
- Allow 6–8 weeks minimum for cardiovascular benefit — slow, gentle herb

Safety & Contraindications

- CAUTION: Cardiac medications (digoxin, beta-blockers, antihypertensives) — potentiates
- CAUTION: Nitrates — additive vasodilation
- Moderate to severe heart failure: use under cardiologist supervision
- Pregnancy and breastfeeding: avoid therapeutic doses
- Not a replacement for prescribed cardiac medications — adjunct use only

Synergy with Nutrition & Peptide Protocols

- Ideal for Month 5–6 longevity and cardiovascular support
- Gentle enough for long-term daily use — true tonic herb
- Synergistic with omega-3s and CoQ10 for comprehensive cardiac support
- Supports members on GLP-1 medications who have cardiovascular risk (complements Semaglutide's cardiac benefits)

Berberine

Berberis vulgaris / Coptis chinensis

◆ **Biblical Reference:** *The yellow dye of the barberry (Berberis) was well-known in ancient Near Eastern trade; parallels 'purifying gold' — Malachi 3:3*

Biblical & Traditional Heritage

The bright yellow alkaloid berberine has been used in Ayurvedic and traditional Chinese medicine for over 2,000 years for infections, gut conditions, and metabolic disease. Found in barberry, goldenseal, Oregon grape, and goldenthrum, it has attracted extraordinary modern research attention for its metabolic effects — often compared to metformin. It represents one of the most exciting intersections of ancient plant medicine and modern metabolic science.

Traditional Applications

- Blood sugar and insulin resistance — comparable to metformin in research
- PCOS — multiple clinical trials
- Gut infections — Candida, H. pylori, bacterial overgrowth
- Cholesterol — LDL and triglyceride reduction
- Weight management — AMPK activation

Active Constituents

- Berberine alkaloid — primary bioactive; AMPK activator
- Berberrubine — active metabolite; gut health and antimicrobial
- Jatrorhizine — antimicrobial and anti-inflammatory
- Palmatine — cholinesterase inhibition; cognitive effects
- Columbamine — anti-inflammatory

Clinical Evidence

Multiple meta-analyses: HbA1c reduction 0.9% (comparable to metformin), fasting glucose reduction 17mg/dL, triglyceride reduction 35mg/dL, LDL reduction 13mg/dL. AMPK activation confirmed — the 'longevity enzyme' pathway shared with metformin and fasting. PCOS trials show improved insulin sensitivity, lower testosterone, and restored ovulation. Strong antimicrobial evidence against Candida, H. pylori, and small intestinal bacterial overgrowth.

Primary Applications

- Type 2 diabetes and insulin resistance
- PCOS — insulin, hormone, and fertility benefits
- Gut infections — SIBO, Candida, H. pylori
- High cholesterol and triglycerides
- Weight management and metabolic syndrome

Preparation & Dosing

- Standard dose: 500mg, 3x daily with meals — consistent clinical dosing
- Allow 3 months for full metabolic effects
- Take with meals — reduces GI side effects and enhances absorption
- Cycle: 3 months on / 1 month off if using long-term (allows gut microbiome recovery)
- Dihydroberberine (DHB): newer form, 100–200mg 2x daily — higher bioavailability

Safety & Contraindications

- CAUTION: Metformin and diabetes medications — additive glucose-lowering; monitor blood sugar
- CAUTION: Cyclosporine — significantly raises cyclosporine levels (dangerous)
- CAUTION: CYP3A4 metabolized drugs — berberine inhibits this enzyme
- CAUTION: Anticoagulants — monitor INR
- Pregnancy: AVOID — uterine stimulation; potential fetal harm
- GI side effects common — nausea, cramping, diarrhea — take with food; start low

Synergy with Nutrition & Peptide Protocols

- Most powerful herbal complement to GLP-1 medications for metabolic health
- Can reduce GLP-1 medication requirements when added to protocol (discuss with prescriber)
- Supports Month 2 protein and insulin optimization
- AMPK activation makes it synergistic with fasting protocols in Month 6
- Antimicrobial action complements Month 3 gut healing — targets SIBO and Candida

Longevity, Brain & Anti-A

Milk Thistle

Silybum marianum

◆ **Biblical Reference:** *Referenced as a thistle of the field — Job 31:40; Isaiah 34:13; associated with protection and resilience*

Biblical & Traditional Heritage

The thistle referenced in Job and throughout the prophets carries symbolic meaning of both hardship and resilience — the plant that grows in difficult places and still produces something of value. Milk thistle, the most medicinally significant thistle, has been used for liver disease for over 2,000 years. Pliny the Elder recommended it for liver complaints. It is now the most studied herbal hepatoprotective agent in the world, with European medical approval.

Traditional Applications

- Liver protection — from toxins, alcohol, medications, and disease
- NAFLD and NASH — clinical trials conducted
- Cirrhosis support
- Mushroom poisoning (Amanita) — IV silymarin is a medical treatment
- Estrogen metabolism and detoxification support

Active Constituents

- Silymarin complex — mixture of flavonolignans (silybin, silydianin, silychristin)
- Silybin A and B — most bioactive; hepatoprotective and antioxidant
- Isosilybin — anticancer activity in research
- Taxifolin — antioxidant and anti-inflammatory
- Fatty acids — supportive components

Clinical Evidence

IV silymarin is an approved medical treatment for *Amanita phalloides* (death cap) poisoning in Europe — the strongest endorsement possible. Multiple RCTs confirm reduction of liver enzymes (ALT/AST) in NAFLD, alcoholic liver disease, and drug-induced liver injury. Meta-analysis of 5 trials in cirrhosis: improved liver function and reduced mortality. Antifibrotic effects well-documented.

Primary Applications

- Liver disease — fatty liver, cirrhosis, hepatitis
- Medication-induced liver stress (statins, acetaminophen, etc.)
- Alcohol-related liver damage
- Estrogen clearance and hormonal detoxification
- Toxin and heavy metal protection

Preparation & Dosing

- Standardized extract (70–80% silymarin): 140–420mg silymarin daily in divided doses
- Phosphatidylcholine complex (Siliphos): 100–200mg silybin daily — highest bioavailability
- Capsules: 150mg standardized extract (70% silymarin), 3x daily
- Seeds ground in food: 1–2 tbsp daily — lower dose but excellent daily practice
- Tea: limited — silymarin is poorly water-soluble; capsules or phospholipid complex preferred

Safety & Contraindications

- Very safe profile — one of the safest herbs in clinical use
- CAUTION: Cytochrome P450 metabolism — may affect levels of some medications
- CAUTION: Estrogen-sensitive conditions — very mild phytoestrogenic activity
- Pregnancy: avoid therapeutic doses — limited data
- Mild laxative effect in some individuals
- Allergy: ragweed family cross-reactivity possible

Synergy with Nutrition & Peptide Protocols

- Critical for Month 3 liver and estrogen metabolism support
- Essential complement to GLP-1 medications — rapid weight loss can cause liver stress
- Month 6 longevity protocol: liver is the primary metabolic clearing house for aging compounds
- Pairs with dandelion root for comprehensive liver support
- Should be in every Heritage Havens member's foundational supplement protocol

Lion's Mane Mushroom

Hericium erinaceus

✦ **Biblical Reference:**

Mushrooms referenced in Ezekiel 47:12 among healing plants; the remarkable complexity of creation — Psalm 139:14

Biblical & Traditional Heritage

While Lion's Mane is not specifically named in Scripture, medicinal mushrooms occupy a remarkable place in creation — they are neither plant nor animal, operating as the decomposers and recyclers of the forest, holding entire ecosystems together through their mycelial networks. The Buddhist tradition preserved the use of Lion's Mane for centuries, calling it the 'mountain priest' mushroom. Its cognitive-enhancing properties have attracted extraordinary scientific interest, particularly for Alzheimer's prevention.

Traditional Applications

- Cognitive enhancement — memory, focus, neural plasticity
- Nerve regeneration and repair — NGF stimulation
- Alzheimer's and dementia prevention research
- Gut health — probiotic-like effects on microbiome
- Anxiety and mild depression — serotonergic effects

Active Constituents

- Hericenones — stimulate NGF (Nerve Growth Factor) synthesis
- Erinacines — cross blood-brain barrier; potent NGF stimulation
- Beta-glucans — immune modulation and gut health
- Polysaccharides — broad immunological effects
- Sterols — anti-inflammatory

Clinical Evidence

Japanese RCT (Mori 2009): patients with mild cognitive impairment showed significant cognitive improvement vs placebo after 16 weeks (Hasegawa Dementia Scale). Effect reversed when supplementation stopped. Animal studies show actual nerve regeneration. Human study for anxiety and depression: 4 weeks of supplementation reduced anxiety and depression scores significantly. NGF and BDNF upregulation confirmed — direct synergy with Semax mechanism.

Primary Applications

- Mild cognitive impairment and Alzheimer's prevention
- Nerve regeneration — peripheral neuropathy
- Memory and focus enhancement
- Anxiety and mild depression adjunct

- Gut health and microbiome support

Preparation & Dosing

- Standardized extract (full spectrum with both fruiting body and mycelium): 500–1,000mg, 2x daily
- Dual-extract (hot water + alcohol): highest bioavailability of hericenones and erinacines
- Powder: 2–5g daily in coffee, tea, or smoothies
- Capsules: 1,000mg, 2–3x daily for cognitive benefit
- Note: fruiting body only vs. mycelium-only products have different constituent profiles — look for dual-extraction or specify fruiting body for erinacines

Safety & Contraindications

- Generally very safe — long culinary and medicinal use
- CAUTION: Bleeding disorders or anticoagulants — theoretical platelet effects
- Rare: allergic reaction — mushroom allergy cross-reactivity
- Pregnancy: limited data; avoid therapeutic doses
- May cause mild GI upset initially — start with lower dose

Synergy with Nutrition & Peptide Protocols

- Direct synergy with Semax — both upregulate BDNF/NGF; complementary cognitive support
- Core Month 6 longevity and brain protection protocol herb
- Gut-brain axis support — mushroom beta-glucans feed beneficial microbiome
- Pairs with Bacopa monnieri and ashwagandha for comprehensive neuroprotective stack
- Consider as a daily adaptogen for all Heritage Havens members over 40

Rhodiola Rosea

Rhodiola rosea

◆ **Biblical Reference:**

Referenced in ancient Viking healing traditions — parallels 'strength for the journey' — Isaiah 40:31

Biblical & Traditional Heritage

Used by Vikings for strength and endurance before battle. Russian cosmonauts were given Rhodiola before missions. Swedish military adopted it for combat readiness. Chinese emperors sent expeditions to Siberia to collect it. For over a millennium across multiple cultures, Rhodiola has been the herb chosen when extraordinary resilience was required. Modern research on HPA axis adaptation, physical endurance, and cognitive stress tolerance has validated every traditional application.

Traditional Applications

- Stress adaptation — reduces stress-induced fatigue and burnout
- Physical endurance and exercise performance
- Cognitive function under stress
- Mild to moderate depression
- Altitude sickness prevention

Active Constituents

- Rosavins (rosavin, rosarin, rosin) — primary adaptogenic compounds
- Salidroside — MAO inhibition, antidepressant, anti-fatigue
- Tyrosol — antioxidant, cardioprotective
- Flavonoids (quercetin, kaempferol) — anti-inflammatory
- Phenylethanoids — neuroprotective

Clinical Evidence

Multiple RCTs confirm reduction in burnout symptoms, improved cognitive performance under stress, and reduced fatigue. Swedish study: 60 patients with burnout — Rhodiola significantly improved cognitive function, stress, and fatigue vs. placebo. Phase II RCT for mild-moderate depression: comparable to sertraline with fewer side effects. Exercise performance: meta-analysis confirms improved VO₂ max and time to exhaustion.

Primary Applications

- Burnout and adrenal fatigue with cognitive impairment
- Depression — particularly stress-related
- Athletic performance and recovery
- Cognitive performance under pressure
- Altitude and environmental stress adaptation

Preparation & Dosing

- Standardized extract (3% rosavins, 1% salidroside): 200–400mg, 1–2x daily
- Take morning and midday — stimulating effect may disrupt sleep if taken in evening
- Adaptogenic cycling: 5 days on / 2 days off OR 3 months on / 1 month off
- Standardized dosage matters more than preparation — avoid non-standardized products
- Allow 2–4 weeks for adaptogenic effects to manifest

Safety & Contraindications

- CAUTION: Bipolar disorder — MAO inhibiting properties; stimulating effect can trigger mania
- CAUTION: Antidepressants (SSRIs, MAOIs) — additive serotonergic effects
- CAUTION: Stimulants — additive CNS stimulation; monitor HR and anxiety
- Pregnancy: limited data; avoid
- Insomnia: avoid afternoon/evening dosing
- May cause mild jitteriness at higher doses — start low

Synergy with Nutrition & Peptide Protocols

- Pairs with ashwagandha for complementary adaptogenic coverage (ashwagandha = evening/calming; Rhodiola = morning/energizing)
- Reduces cortisol load that suppresses GH peptide efficacy
- Month 4 and 5 support — addresses burnout that underlies poor body composition outcomes
- Synergistic with Lion's Mane for stress-resilient cognitive performance stack

Women's Health

Red Raspberry Leaf

Rubus idaeus

◆ **Biblical Reference:** *Referenced as a 'fruit of the earth' — Genesis 1:29; wild brambles mentioned in Isaiah 7:23–25*

Biblical & Traditional Heritage

One of the most revered women's herbs in European and American botanical tradition. European midwives used raspberry leaf extensively throughout pregnancy and labor preparation. It was considered essential in every woman's herbal medicine chest. While its uterine-toning reputation has led to caution in early pregnancy, its use in the third trimester has been part of midwifery practice for centuries.

Traditional Applications

- Uterine toning — prepares for labor
- Menstrual cramp reduction
- Hormone balance — mild phytoestrogenic
- Nutritive — rich in minerals and vitamins
- Digestive support — astringent tannins

Active Constituents

- Fragarine — uterine muscle toning compound
- Tannins — astringent, anti-inflammatory, antidiarrheal
- Flavonoids (quercetin, kaempferol) — anti-inflammatory, antioxidant
- Minerals: calcium, magnesium, iron, zinc, phosphorus — nutritive
- Vitamins C and E — antioxidant
- Polyphenolic acids — antioxidant

Clinical Evidence

Human study (Parsons 1999): women who consumed raspberry leaf from 32 weeks gestation had shorter second stage of labor and fewer forceps/vacuum deliveries. Mechanisms for uterine muscle tone improvement confirmed in animal studies. Nutritive profile confirmed — exceptionally rich in bioavailable minerals. Anti-nausea effects in pregnancy reported clinically though RCT evidence is limited.

Primary Applications

- Pregnancy preparation (second and third trimester)
- Menstrual cramps and cycle regulation
- Nutritive mineral support
- Postpartum recovery and uterine involution
- Digestive support and mild astringent

Preparation & Dosing

- Tea: 1–2 tsp dried leaf, steep 10–15 min — 1–3 cups daily; excellent daily women's tea
- Capsules: 400–600mg, 2–3x daily
- Tincture: 3–5 mL (1:5), 2–3x daily
- Pregnancy: avoid in first trimester; generally considered safe from second trimester; discuss with midwife or OB
- Freely used as a daily nutritive tea for non-pregnant women of all ages

Safety & Contraindications

- AVOID: First trimester of pregnancy — uterine stimulating potential
- CAUTION: Endometriosis or estrogen-sensitive conditions — mild phytoestrogenic
- CAUTION: Oxytocin or labor-inducing medications — potential additive effect
- Generally very safe for non-pregnant women as a daily tea
- No significant drug interactions at beverage amounts

Synergy with Nutrition & Peptide Protocols

- Excellent daily herb for Heritage Havens women's wellness protocol
- Pairs with vitex and ashwagandha for comprehensive hormonal support
- Mineral content complements magnesium glycinate sleep supplementation
- Can replace regular tea in the daily routine — faith community tea ministry opportunity

Black Cohosh

Actaea racemosa

✦ **Biblical Reference:**

Native American plant tradition — parallels 'provision for the nations' — Revelation 22:2

Biblical & Traditional Heritage

Used for centuries by Native American women for menstrual irregularities, labor difficulties, and menopause. Cherokee women drank the root tea for general debility. European settlers learned its use and it became a primary women's herb in 19th century American botanical medicine. It is now one of the most studied herbs in menopausal medicine and holds Commission E approval in Germany for menopausal symptoms.

Traditional Applications

- Menopausal symptoms — hot flashes, night sweats, mood changes
- Menstrual cramps and PMS
- Vaginal atrophy in menopause
- Bone density support in menopause
- Anxiety associated with menopause

Active Constituents

- Triterpene glycosides (actein, 27-deoxyactein, cimigenol) — primary active compounds
- Formononetin — weakly estrogenic isoflavone
- Caffeic acid and isoferulic acid — anti-inflammatory
- Flavonoids — antioxidant
- Alkaloids — neurological effects

Clinical Evidence

Commission E (Germany) approves for menopausal symptoms based on multiple RCTs. Meta-analysis of 16 RCTs: significant reduction in hot flash frequency and Menopausal Rating Scale scores. Remifemin (standardized extract) most studied — 37+ clinical trials. Mechanism debate continues — non-estrogenic pathways now primary theory (serotonergic, dopaminergic), explaining why it appears safe for breast cancer survivors in research.

Primary Applications

- Menopausal hot flashes and night sweats
- Menstrual irregularity and dysmenorrhea
- Perimenopausal mood and anxiety
- Osteoporosis prevention support
- Alternative to HRT in women who cannot use estrogen

Preparation & Dosing

- Standardized extract (2.5% triterpene glycosides): 20–40mg, 2x daily — Remifemin dosing
- Root tincture: 1–4 mL (1:5) 2–3x daily
- Allow 8–12 weeks for full menopausal benefit
- Dosing for menstrual complaints: same; may work faster
- Do not exceed recommended doses — more is not more effective

Safety & Contraindications

- AVOID: Active liver disease — rare hepatotoxicity cases reported (monitor LFTs)
- CAUTION: Hormone-sensitive cancers — discuss with oncologist; evidence somewhat reassuring but discuss
- CAUTION: Tamoxifen or aromatase inhibitors — discuss with oncologist before combining
- CAUTION: Antihypertensives — may add to BP-lowering effect
- Pregnancy: AVOID — uterine stimulation
- Rare liver toxicity: discontinue if jaundice, dark urine, or abdominal pain develops

Synergy with Nutrition & Peptide Protocols

- Core herb for Month 4 hormone balancing in perimenopausal and menopausal women
- Complement to sleep optimization — hot flash suppression dramatically improves sleep architecture
- Can reduce HRT dependence when combined with red clover and vitex
- Monitor LFTs annually if using long-term alongside other potentially hepatotoxic protocols

Spearmint

Mentha spicata

◆ **Biblical Reference:**

Mentioned as a tithe herb — Matthew 23:23; Luke 11:42 — the Pharisees tithed even the smallest garden herbs including mint

Biblical & Traditional Heritage

Jesus referenced mint as one of the herbs the Pharisees carefully tithed — suggesting it was a cultivated garden herb of value in first century Israel. Spearmint and peppermint were used medicinally throughout the ancient Near East. Modern research has identified an unexpected application for spearmint specifically in women with elevated androgens — making it uniquely relevant for PCOS and hormonal acne.

Traditional Applications

- PCOS — anti-androgenic effects
- Hormonal acne — reduces testosterone activity
- Hirsutism (excess hair growth in women)
- Digestive support — IBS, bloating
- Mild anti-androgenic effects

Active Constituents

- Carvone — primary monoterpene; anti-androgenic
- Limonene — anti-inflammatory
- Menthol (lower than peppermint) — digestive and cooling
- Rosmarinic acid — anti-inflammatory
- Flavonoids (luteolin, apigenin) — anti-androgenic activity

Clinical Evidence

Two RCTs specifically for PCOS and hirsutism: spearmint tea twice daily significantly reduced free testosterone and LH:FSH ratio after 30 days. First study (Grant 2010): significant reduction in free testosterone in women with hirsutism. Second (Akdoğlan 2007): similar results in PCOS population. Digestive evidence for IBS and bloating is well-established across multiple mint species.

Primary Applications

- PCOS and elevated androgens in women
- Hormonal acne
- Hirsutism (female pattern excess hair growth)
- IBS and digestive bloating
- SIBO — antimicrobial to small intestine

Preparation & Dosing

- Tea: 2 cups daily (the dose used in PCOS trials) — 1 tsp dried herb per cup
- Spearmint extract: 900mg daily (standardized)
- Consistent daily use required — anti-androgenic effects are cumulative
- Allow 4–8 weeks for hormonal effects
- Culinary use: fresh spearmint daily in water, food, or tea is a simple habit

Safety & Contraindications

- CAUTION: Spearmint is NOT peppermint — anti-androgenic effects are spearmint-specific
- CAUTION: Very high doses may reduce testosterone in men (theoretical) — use therapeutically in women
- GERD: may relax lower esophageal sphincter — avoid if GERD is present
- Pregnancy: culinary amounts safe; avoid therapeutic doses
- Generally very safe at tea doses

Synergy with Nutrition & Peptide Protocols

- Excellent complement to vitex and maca for PCOS management
- Supports women using GLP-1 medications who have PCOS (PCOS is a primary indication)
- Simple, affordable daily practice — share the Matthew 23:23 scripture with members
- Pairs with zinc and saw palmetto for comprehensive anti-androgen protocol

SCRIPTURE REFERENCE

Biblical Herbs — Complete Cross-Reference

The following table maps key plants mentioned in Scripture to their modern botanical identification and primary therapeutic use. Many Hebrew and Greek plant names have multiple possible identifications — the most commonly accepted are listed.

Biblical Name	Botanical Identity	Scripture References	Primary Therapeutic Use
Hyssop	<i>Origanum syriacum</i> / <i>Hyssopus officinalis</i>	Exodus 12:22; Psalm 51:7; John 19:29	Antimicrobial, expectorant, spiritual cleansing ritual plant
Frankincense (Levonah)	<i>Boswellia sacra</i>	Exodus 30:34; Matthew 2:11; Revelation 8:3	Anti-inflammatory, neuroprotective, respiratory, spiritual worship

Biblical Name	Botanical Identity	Scripture References	Primary Therapeutic Use
Myrrh	<i>Commiphora myrrha</i>	Exodus 30:23; Matthew 2:11; John 19:39	Antimicrobial, analgesic, wound healing, dental health, embalming
Cinnamon (Qinnamon)	<i>Cinnamomum verum</i>	Exodus 30:23; Proverbs 7:17; Revelation 18:13	Blood sugar regulation, antimicrobial, anti-inflammatory, metabolic
Cassia	<i>Cinnamomum cassia</i>	Exodus 30:24; Ezekiel 27:19	Similar to cinnamon; blood sugar, antimicrobial, anointing oil
Calamus (Sweet cane)	<i>Acorus calamus</i>	Exodus 30:23; Song of Solomon 4:14	Digestive bitter, nervous system, traditional sedative
Spikenard (Nard)	<i>Nardostachys jatamansi</i>	Song of Solomon 1:12; John 12:3; Mark 14:3	Sedative, anxiety, hair health, used in costly anointing of Jesus
Wormwood	<i>Artemisia absinthium</i>	Deuteronomy 29:18; Revelation 8:11	Bitter digestive tonic, antiparasitic, liver stimulant (toxic in excess)
Aloe (Ahaloth)	<i>Aquilaria agallocha / Aloe vera</i>	Numbers 24:6; Psalm 45:8; John 19:39	Wound healing, skin repair, laxative (aloe vera)
Mint (Heduosmon)	<i>Mentha sp.</i>	Matthew 23:23; Luke 11:42	Digestive, IBS, anti-androgenic (spearmint), cooling
Rue (Peganon)	<i>Ruta graveolens</i>	Luke 11:42	Antispasmodic, used for eye conditions historically — toxic in excess
Dill (Anethon)	<i>Anethum graveolens</i>	Matthew 23:23	Digestive carminative, antispasmodic, historically used for infant colic
Cummin	<i>Cuminum cyminum</i>	Isaiah 28:25–27; Matthew 23:23	Digestive, blood sugar support, anti-inflammatory
Mandrake	<i>Mandragora officinarum</i>	Genesis 30:14–16; Song of Solomon 7:13	Historically used for pain relief, fertility — significant toxicity; not used clinically
Bitter Herbs (Merorim)	<i>Cichorium intybus, Taraxacum, Lactuca</i>	Exodus 12:8; Numbers 9:11	Digestive bitters, liver, bile stimulation — dandelion, chicory, endive
Cedar (Erez)	<i>Cedrus libani</i>	Leviticus 14:4; Psalm 92:12	Antimicrobial, aromatic, skin conditions; cedar oil used medicinally
Balm of Gilead	<i>Commiphora gileadensis / Pistacia sp.</i>	Genesis 37:25; Jeremiah 8:22; 46:11	Wound healing, respiratory, skin — 'is there no balm in Gilead?' (Jer. 8:22)
Flax / Linen	<i>Linum usitatissimum</i>	Exodus 9:31; Proverbs 31:13; Isaiah 42:3	Omega-3 fatty acids (ALA), fiber, cholesterol, hormone balance

QUICK REFERENCE

Herb Selection Matrix — By Health Goal

Use this matrix to quickly identify which herbs to consider for specific health goals. Always read the full monograph before recommending or using any herb.

Herb	Gut/ Digest	Hormone Balance	Immune/ Anti-infl	Sleep/ Nerves	Cardio/ Metab	Brain/ Longevity	Women's Health	Stress/ Adrenal
Ginger	★★★	★	★★	★	★	★	★	★
Slippery Elm	★★★	-	-	-	-	-	-	-
Licorice (DGL)	★★★	★★	★★	-	-	-	★	★★
Dandelion	★★	★★	★	-	★★	★	-	-
Ashwagandha	★	★★★★	★★	★★★★	★	★★	★★	★★★★
Maca	-	★★★★	-	★	★	-	★★★★	★★
Vitex	-	★★★★	-	★	-	-	★★★★	★
Turmeric	★★	-	★★★★	★	★★	★★★★	-	★
Boswellia	★★	-	★★★★	-	★	★★	-	-
Elderberry	-	-	★★★★	-	-	★	-	-
Valerian	-	★	-	★★★★	-	-	★★	★
Passionflower	-	-	-	★★★★	-	-	★	★★
Lemon Balm	★	-	-	★★★★	-	★	-	★★
Garlic	★★	-	★★★★	-	★★★★	★	-	-
Hawthorn	-	-	★	★	★★★★	★	-	-
Berberine	★★	★★	★	-	★★★★	-	★★	-
Milk Thistle	★	★★	★	-	★★	★★	-	-
Lion's Mane	★★	-	★	★	-	★★★★	-	-
Rhodiola	-	-	-	★	★	★★	-	★★★★
Red Raspberry Leaf	★	★★	-	-	-	-	★★★★	-
Black Cohosh	-	★★★★	-	★★	-	-	★★★★	★
Spearmint	★★	★★	-	-	-	-	★★★★	-

★★★★ Primary application ★★ Secondary application ★ Mild/adjunct support – Not indicated

The herbs of the earth are not coincidence — they are provision. Use them with wisdom, with reverence, and with gratitude to the One who placed them here for our healing.

Ali Ann · Certified Holistic Practitioner · Biblical Herbalist Heritage Havens · heritagehavens.com