

Herbal Solutions

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Tinctures

AFRICAN POTATO	Immune stimulant. Relieves side-effects of chemotherapy
ALFALFA	Also called Lucerne is used as a tonic for convalescents and active people
BITTERS REMEDY	Assists, in cleansing the blood, improves circulation, dispels headaches and flatulence
BORAGE	For the relief of pre-menstrual tension, pregnancy related breast pains
BUCHU	A uniquely South African herb for the treatment of bladder infections and for removing excess fluid from the body
BURDOCK	Used for the treatment of arthritic pain, rheumatism and gout
CALENDULA	Used as a relief from indigestion and period pain
CAYENNE PEPPER	Used to aid digestion and circulation
CELERY	The seeds have been used by arthritis sufferers for effective relief
CHAMOMILE	Used to soothe calm and settle sleeplessness and gastro disturbances
DANDELION	Promotes sound liver functions
DONG QUAI	Used for pre-menstrual tension and menopause
DEVIL'S CLAW	Used for the treatment of inflammatory conditions including rheumatism and arthritis
ECHINACEA	Used as an immune system stimulant
ELDER FLOWER	Used for the relief of postnasal drip
EYEBRIGHT	Used for the treatment of sinusitis and catarrh
FEVERFEW	Used by migraine sufferers
GARLIC	Used as an immune system stimulant
GINGER	Used to soothe nausea and motion sickness
GINSENG	A tonic for the relief of mental and emotional fatigue
GINKGO BILOBA	Used to improve memory and circulation
GOLDEN SEAL	Used for the treatment of colds and an aid to the respiratory system
GOTU KOLA	Used to calm the nerves and aid the treatment of stress
HOPS	Used in the treatment of tiredness and loss of sleep
KELP	Used to assist the function of the thyroid and act as a slimming aid
MILK THISTLE	Used to maintain sound liver function
OATS	Used to aid indigestion and spastic colon
PASSIFLORA	Used in the treatment of stress, to calm and pacify
PEPPERMINT	Assists with a healthy digestive system
RECOVERY REMEDY	Used to comfort and reassure and calm those who have received serious news, severe upset or startling experiences.

SAW PALMETTO	Aid for the prostate gland
ST JOHN'S WORT	Used for its calming and stabilising effect. A natural tranquiliser
VALERIAN	Relieves stress and helps against sleeplessness