










# SEBIGUIDE

I am pleased to offer this list for free on the basis that you use it responsibly and conduct additional research on any herbs you plan to take for medicinal purposes.

Name	Image	Known properties and uses	Contained in
Arnica		Arnica grows mainly in central Europe, as well as temperate climates in North America. The flowers of the plant are used in medicine. Arnica is most commonly used for pain caused by osteoarthritis, sore throat, surgery, and other conditions.	Eva Salve, Uterine Wash
Batana (Oil)		Batana oil is extracted from the nut of the American palm and has been always traditionally used in Honduras as a skin and hair treatment.	Hair Food Oil
Bladderwrack		Being rich in iodine, Bladderwrack boosts metabolism by stimulating thyroid function hence assisting in fighting cellulite and obesity. It can also be either consumed or applied externally to help in reducing inflammation and pain in joints resulting from rheumatoid arthritis.	Viento, Green Food, Bromide Plus
Blue Vervain		This herb gives the user an overall healthy feeling by soothing the central nervous system, decongesting the liver and respiratory system, cleansing toxins, easing coughs and colds and lowering fever. The body gets a general calm effect.	Banju
Bugleweed		Bugleweed is a bitter, pungent tasting, aromatic herb, with astringent properties, commonly used to treat thyroid problems (such as Grave's disease). It originated in Europe but is native to North America, found in areas east of the Mississippi River.	Banju, Iron Plus
Burdock		Its ability to increase circulation to the skin and to detoxify the epidermal tissues makes it suitable in treating a wide range of skin conditions such as carbuncles, eczema, abscesses, psoriasis, and acne. This plant is believed to be effective in fighting bacteria and fungus cultures and was traditionally used in blood purification.	Bio Ferro Capsules, Bio Ferro Tonic (root)
Capadulla		Capadulla is a plant that's found in the South America and has been used by men in the area to prevent and cure Impotence, Premature-Ejaculation and to raise sexual Libido.	Testo
Cascara sagrada		Cascara sagrada ( <i>Rhamnus purshiana</i> ) is a shrub. The dried bark is used to make medicine. Contains chemicals that stimulate the bowel and have a laxative effect. Don't use cascara sagrada for longer than one or two weeks.	Chelation 1, Chelation2, Lymphalin






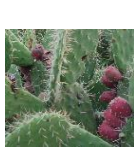


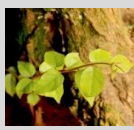
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Chamomile		Used for centuries for its stress relieving properties.	Nerve / Stress Relief Herbal Tea
Chaparral		Chaparral is a herb that comes from the creosote bush. It grows in the western deserts of the USA. Native Americans have used chaparral for many years to relieve pain and inflammation. Chaparral is claimed to help treat over 50 ailments, including cancer, arthritis, tuberculosis, skin conditions, and the common cold.	Viento, Iron Plus, Bio Ferro
Chaparro Amargo		Also known as Allthorn castela or Bitter bark. This thorny shrub is native to the semi-arid and subtropical regions of Mexico. Antiviral, astringent, and anti-eczema. Treats gastrointestinal problems, olitis, diarrhea, dysentery, fever, and leukemia. May also improve vision. Avoid taking this during pregnancy and lactation.	Endocrine
Cocolmeca		One of the main medicinal uses of Cocolmeca is venereal diseases and infections. Cocolmeca is also great for sexual performance, diabetes, blood purifier, skin ailments, Rheumatism, headaches, joint pains, nervous disorders, all gynecological uses, and also burns body fat.	Bio Ferro Tonic
Contribo		It may be used as a tea to remedy colds and flu, stomach ache, and indigestion. Note: The use of this plant poses a risk as it contains the toxin aristolochic acid which is carcinogenic. For more info search "Aristolochia Grandiflora" (Aristolochia genus)	Endocrine
Cuachalalate		Cuachalalate is a legendary plant in Mexico believed to have curative effects. The most sought after part of the plant is its bark. This bark is believed to cure malaria, stomach cancer, gastric ulcers and kidney sicknesses. Many people in Mexico also tend to use the Cuachalalate to harden their gums. Found in Dr. Sebi's Stomach Relief Herbal Tea.	Stomach Relief Herbal Tea
Damiana		Native to the subtropical climates of southern Texas, Mexico, Central and South America, and the Caribbean. Said to help enhance sexual health and treat a vast array of symptoms from diabetes to anxiety.	Estro
Dandelion		Stomach upsets, joint pain, bruises, loss of appetite, intestinal gas, aching muscles, gallstones, and eczema are some of the issues that Dandelion can address. The herb can also be used as a skin toner, blood or digestive tonic.	Endocrine (leaf)
Elderberry (black)		Chronic fatigue syndrome, neuralgia (nerve pain), sinus pain, and sciatica (back and leg pain) are conditions that elderberry can treat. It can also be used for allergic rhinitis (hay fever), laxative for constipation, induce sweating, and increase the flow of urine.	Banju, Bio Ferro Tonic, Immune Support Herbal Tea

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Eucalyptus		Eucalyptus is a genus of over seven hundred species of flowering trees, native to Australia. Believed to be useful in treating cold, respiratory problems, fungal infections, wounds, pain relief and to stimulate the immune system.	Eva Salve
Eyebright		Euphrasia, or eyebright, reduces swelling, and visual disturbances caused by blepharitis, and conjunctivitis. Typical preparations include a warm compress, or tea.	Eyewash
Flor de Manita		Sometimes called the devil' or monkey's hand tree. The Aztecs and others used solutions containing this tree's flowers as a remedy for lower abdominal pain and for heart problems.	Blood Pressure Balance Herbal Tea
Gordolobo (great mullein)		Used to treat colds, croup, sunburn and other skin irritations. Dr. Sebi's Cold / Cough Herbal Tea uses this.	Cold / Cough Herbal Tea
Hierba del Sapo (Eryngium)		There are about 250 species of Eryngium. Cultures worldwide have used extracts as anti-inflammatory agents. Taken as a herbal tea it can help to lower blood sugar.	Viento
Hombre Grande		Native in the tropics of Southern America and the Caribbean. Traditionally, used as a digestive, to treat fever. Quassia extract applied topically has shown to be a safe and effective cure of rosacea as proven by a study conducted in 2012.	Iron Plus, Viento
Hydrangea		Hydrangea (Hortensia) a genus of 70–75 species of flowering plants native to Asia and the Americas. The root and rhizome are indicated for treatment of conditions of the urinary tract in the PDR for Herbal Medicine and may have diuretic properties. Moderately toxic if eaten, with all parts of the plant containing cyanogenic glycosides.	Lymphalin
Irish Moss		Irish moss, sometimes called "sea moss", is said to provide nutrition on a cellular level! It is the only plant based source of thyroid hormones, and with 92 minerals in each serving it is one of nature's greatest superfoods.	Estro, Testo, Bromide Plus Capsules/Tonic
Lily of the Valley		Used for heart problems including heart failure and irregular heartbeat. It is also used for urinary tract infections (UTIs), kidney stones, weak contractions in labor, epilepsy, fluid retention (edema), strokes and resulting paralysis, eye infections (conjunctivitis), and leprosy.	L.O.V., Eva Salve

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<p>Locust bark (black locust)</p>		<p>The inner bark and root bark of the black locust (<i>Robinia pseudoacacia</i>) helps to remove waste from the body. The root bark is sometimes chewed to induce vomiting. In Indian traditional medicine, different parts of the tree are used as laxative, antispasmodic, and diuretic. Take care with this one, known levels of toxicity if improperly prepared/incorrect dosage.</p>	<p>Testo</p>
<p>Lupulo</p>		<p>A species of flowering plant in the hemp family, native to Europe, western Asia and North America. Used for anxiety, insomnia and other sleep disorders. Also said to improve appetite, increase urine flow, start the flow of breast milk.</p>	<p>Uterine Wash &amp; Oil, Lupulo</p>
<p>Manzo (Yerba del manzo)</p>		<p>Remedy for upset stomachs to the treatment of colds and coughs as well as the prevention of infection in wounds. It is boiled and a decoction is used for cough, menstrual cramps, and to treat sores on the body</p>	<p>Eva Salve</p>
<p>Muicle (Mexican honeysuckle)</p>		<p>Used in the traditional medicine for healing diseases such as dysentery, diabetes, leukemia, and anemia.</p>	<p>Energy Booster Tea</p>
<p>Nettle</p>		<p>Often known as common nettle, stinging nettle (although not all plants of this species sting) or nettle leaf. Austrian medicine internally (as tea or fresh leaves) to treat disorders of the kidneys and urinary tract, gastrointestinal tract, locomotor system, skin, cardiovascular system, hemorrhage, influenza, rheumatism, and gout.</p>	<p>Bio Ferro Capsules, Green Food</p>
<p>Nopal</p>		<p>Per US cup serving, nopal fruit is an excellent source of the dietary mineral manganese (20% of the Daily Value, DV) and a good source of vitamin C (13% DV), magnesium (11% DV) and calcium (14% DV), with nutrient content improving as the plant matures.</p>	<p>Bio Ferro Capsules, Eva Salve, Green Food</p>
<p>Palo Guaco</p>		<p>In Brazil, Palo guaco (<i>Mikania glomerata</i>) is commonly used as a medicinal tea as an expectorant and anti-inflammatory due to its compound coumarine. o</p>	<p>Iron Plus</p>
<p>Palo Mulato</p>		<p>Palo Mulato, a.k.a, Gumbolimbo (<i>Bursera simaruba</i>) promotes a healthy lymphatic system. A bark decoction can be taken for urinary tract infections, pain, colds, flu, sun stroke, fevers and to purify the blood.</p>	<p>Lymphalin</p>
<p>Pao pereira</p>		<p>Pao pereira is a tree. The bark is used to make medicine. People take pao pereira for cancer, constipation, fever, liver disease, malaria, sexual arousal, and stomach problems.</p>	<p>Iron Plus</p>

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Prodigiosa		Brickellia Grandiflora is known to grow in Mexico, Honduras and the United States. When drank in a tea, the prodigiosa herb creates hydrochloric acid, which naturally supports many stomach issue. Supports healthy kidney function and immune sytem and helps maintain healthy blood sugar levels.	Chelation2
Red Clover		This herb is used for containing various skin conditions including burns, cancer of the skin, sores, and chronic diseases like psoriasis and eczema.	Uterine Wash & Oil, Lymphalin
Rhubarb		The root and underground stem (rhizome) are used to make medicine. Rhubarb is used primarily for digestive complaints including constipation, diarrhea, heartburn, stomach pain, gastrointestinal (GI) bleeding.	Chelation 2, Chelation 1 (root)
Sage		Used since ancient times for "warding off evil" and increasing women's fertility. Rich in nutrients, especially vitamin K, may help with menopause among other benefits.	Eva Salve, Uterine Wash & Oil
Sarsaparilla Root		This root facilitates absorpction of minerals in the body because it is highly rich in iron content. NO other plant surpasses the iron levels in this root. It can contain conditions that are related to psychological stress and anxiety such as fear of illness, nervous asthma, excitability, and emotional states.	Testo, Estro
Tilia (Linden)		Linden flowers are used for colds, cough, fever, infections, inflammation, high blood pressure, and headache (particularly migraine), and as a diuretic (increases urine production), antispasmodic (reduces smooth muscle spasm along the digestive tract), and sedative	Green Food
Tronadora		Yellow Elder, Trumpet Flower (Tecoma stans). In Mexico, the plant is used mainly as a treatment for Type 2 Diabetes. May also help with digestion problems.	Endocrine
Valerian		Valeriana This herb is excellent in combating stomach upsets, migraines, chronic fatigue syndrome (CFS), depression, ADHD, headaches, epilepsy, and mild tremors. When mixed with german chamomile, blue vervain or other herbs that stimulate drowsiness, Valerian root can be effectively used for fighting insomnia.	Viento, Banju
Yellow Dock (Root)		Blood purification and general detoxification particularly in the liver are the best purposes that this herb serves. It can trigger the movement of the bowel to assist in removing waste in the intestinal tract and increase urine flow to facilitate the elimination of toxins.	Bio Ferro Capsules/Tonic

Yohimbe Bark  
(Yohimbi)



Yohimbe bark arouses sexual excitement, and can be used for erectile dysfunction (ED), sexual problems caused by medications, and general sexual problems in both men and women. It is also used for athletic performance, weight loss, exhaustion, chest pain, high blood pressure, low blood pressure that occurs when standing up, diabetic nerve pain, and for depression along with certain other medications.

Testo