



Sources For Herbs And Products, Module 1

The Sources:

Pacific Botanicals: www.pacificbotanicals.com

Organic India: <https://us.organicindia.com>

Banyan Botanicals: www.banyanbotanicals.com

Gaia Herbs: www.gaiaherbs.com

Herb Pharm: www.herb-pharm.com

Sun Potion: www.sunpotion.com

Dragon Herbs: www.dragonherbs.com

Enzymatic Therapy: www.enzymatictherapy.com

Moongazing Apothecary: www.moongazingapothecary.com

Sage Woman Apothecary: www.sagewomanherbs.com

Dr. Christopher's: Dr. Christopher's: www.drchristopher.com

Herbalist and Alchemist: www.herbalist-chemist.com

Strictly Medicinal Seeds: <https://strictlymedicalseeds.com>

Bulk aromatic herbs, dry leaf

Typical recipe is one teaspoon dry herb per cup hot water, steeped for several minutes.

Pacific Botanicals

<http://www.pacificbotanicals.com/store/Oregano.html>

<http://www.pacificbotanicals.com/store/Peppermint1.html>

<http://www.pacificbotanicals.com/store/Rosemary.html>

<http://www.pacificbotanicals.com/store/Sage.html>

<http://www.pacificbotanicals.com/store/Thyme.html>

<http://www.pacificbotanicals.com/store/Catnip.html>

<http://www.pacificbotanicals.com/store/chamomil.html>

Bulk spices

Typical dose is ¼ - ½ teaspoon 1 – 3x day, added to tea or food

<http://www.pacificbotanicals.com/store/Ginger.html>

<http://www.pacificbotanicals.com/store/Turmeric-Powder.html>

<http://www.pacificbotanicals.com/store/Fennel-Seed.html>

<http://www.pacificbotanicals.com/store/Cardamom.html>

<http://www.pacificbotanicals.com/store/Cinnamon.html>

Tulsi, dry leaf

Typical recipe is one teaspoon dry herb per cup hot water, steeped for several minutes. 1 – 3 cups / day

Pacific Botanicals

<http://www.pacificbotanicals.com/store/Holy-Basil-Tulsi-Organic-Cut.html>

Organic India

<https://us.organicindia.com/products/tulsi-tea/tulsi-original-tea-bulk-1-lb>

<https://us.organicindia.com/products/tulsi-tea/rama-tulsi-tea>

<https://us.organicindia.com/products/tulsi-tea/krishna-tulsi-tea>

Tulsi, powder

¼ - ½ teaspoon per cup water, 1 – 3x day

Banyan Botanicals

<https://www.banyanbotanicals.com/tulsi-powder>

Licorice, Tincture

Tincture: 20-25 drops 2-4 times/day

Contraindicated in high blood pressure, tendency to water retention, kidney and liver diseases; not for continuous use

Herb Pharm

<https://www.herb-pharm.com/products/product-detail/licorice>

Gaia Herbs

<http://www.gaiaherbs.com/products/detail/284/Licorice-Root>

Licorice, alcohol free tincture

Gaia Herbs

<http://www.gaiaherbs.com/products/detail/287/Licorice-Root-Vegetable-Glycerin-Extract>

Licorice root, chopped

Decoction: 1 tsp root per cup water, boiled for 30 minutes; ¼ to ½ cup, 2 – 4 times /day

Pacific Botanicals

<http://www.pacificbotanicals.com/store/Licorice.html>

Licorice, deglycyrrhizinated

Enzymatic Therapy

<https://www.enzymatictherapy.com/Products/Digestion/Occasional-Heartburn-and-Indigestion/09001-DGL.aspx>

Astragalus, chopped root

1 tbsp dried root in 1 cup boiling water, infused covered 10-15 minutes, 2-3 times/day

Pacific Botanicals

http://www.pacificbotanicals.com/store/Astragalus_ss207.html

Astragalus, powdered root

1-2 tablespoon/day with food (it can be used as a soup condiment)

Pacific Botanicals

<http://www.pacificbotanicals.com/store/Astragalus1.html>

Sun Potion

<http://www.sunpotion.com/collections/tonic-herbs/products/astragalus-coming-very-soon-80g-glass-jar>

Astragalus, tincture

Tincture: 1 teaspoon 2-3 times/day

Herb Pharm

<http://www.herb-pharm.com/products/product-detail/astragalus>

Gaia Herbs

<http://www.gaiaherbs.com/products/detail/691/Astragalus-Root>

Astragalus, other forms

Use as directed on product

Dragon Herbs

<http://www.dragonherbs.com/prodinfo.asp?number=502>

Echinacea, powdered root

Pacific Botanicals

<http://www.pacificbotanicals.com/store/Echinacea-Angustifolia-Organically-Grown-Powdered-Root.html>

Echinacea, tincture

Herb Pharm

<https://www.herb-pharm.com/products/product-detail/echinacea>

<https://www.herb-pharm.com/products/product-detail/super-echinacea>

Echinacea, alcohol free tincture

<https://www.herb-pharm.com/products/product-detail/echinacea-glycerite>

Echinacea capsules

Herb Pharm

<https://www.herb-pharm.com/products/product-detail/super-echinacea-capsules>

Gaia Herbs

<http://www.gaiaherbs.com/products/detail/21/Echinacea-Supreme>

Elderberry, berries

Pacific Botanicals

<http://www.pacificbotanicals.com/store/Elder-Berries.html>

Elderberry, tincture

Dr. Christopher's

<http://www.drchristopher.com/products/extractsoils/elder-berry-extract>

Sage Woman Apothecary

<http://www.sagewomanherbs.com/store/#!/~/search/keywords=elderberry&offset=0&sort=relevance>

Herbalist and Alchemist

<http://www.herbalist-chemist.com/item/Elderberry-EBR-285>

Elderberry, alcohol free tincture

Herbalist and Alchemist

<http://www.herbalist-chemist.com/item/Elderberry-Glycerite--808>

Essential oils / diffusers

www.floracopeia.com

Student discount code, 20% off: PROTECTION17

Herb Seeds

Strictly Medicinal Seeds: <https://strictlymedicalseeds.com>

Australian Herb Sources

Austral Herbs: <http://www.australherbs.com.au>

The Herb Store: <http://www.theherbstore.com.au>

Mullum Herbals: <http://mullumherbals.com.au>

The Herbal Connection: <http://herbalconnection.com.au>

Ayur Organic: <https://www.ayurorganic.com.au>

All Rare Herbs: <https://www.allrareherbs.com.au>

Herbs Australia: <http://www.herbsaustralia.com.au>