

urf tonics



audiobook
urfradio.org/herbs



urf tonics came together in the
name of holding space for
some earth information

as well as providing high quality
herbal plant extracts,

we aim to share resources on their history,
cultures, and their great
supportive actions and potential

the concept of health can be largely
different for each of us

plants that are tonic in nature, support body
systems in doing what they grew to do,
on a path to getting closer to homeostasis*

glossary

Homeostasis* - the tendency of the internal environment of the body to remain relatively constant and balancing in spite of varying external conditions and stressors

Dis-ease - a condition of an animal, plant or human in which its body or structure is harmed because an organ or part of the body is unable to work as it usually does. Often accompanied by a distinctive group of symptoms, signs, or anatomical changes.

In Traditional Chinese Medicine,
disease is thought to have three major causes:

- 1 External or environmental factors
- 2 Ones internal emotions
- 3 Lifestyle factors, such as diet

Acute disease - rapid onset, severe
symptoms, and brief duration

Chronic disease - long term, or
frequently recurring dis-ease

Tonic - a herb that strengthens the body through a general tonifying effect or through specific affinities for certain organs

Adaptogenic - a herb that supports through a nonspecific boost in resistance and resilience to external stressors, supporting the body's ability to adapt to change

Herb - within the context of herbalism, the term 'herb' will include all parts of a plant including leaves, seeds, roots, fruits and bark, as well as mushrooms and fungi

Tincture - a concentrated herbal extract made by infusing herbs in alcohol and water, or in vinegar

Plant monograph - a basic description of a herb used for therapeutic purpose. Tends to include names, parts used, constituents, range of application, side effects, incompatibilities with pharmaceuticals or other herbs, serving amounts, use, and action of the herb

Action - used to describe a specific helpful property or quality of a herb. Many herbs have several herbal actions that work in synergy

*list of **herbal actions** with definitions at urfradio.org/herbs

Energetics - refers to the sometimes subtle shifts, often in temperature or moisture, that an herb induces in body tissues

Menstruum - the solvent or solvent blend used to make a liquid extract (e.g., alcohol, vinegar, or water)

contents

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herbal monographs

Lung n Respiratory

Tonic



Mullein

Lungs and Breathing

Verbascum thapsus

Native to:
Central/Southern Europe
and Western Asia

How Mullein acts in the body:

- Tonifies respiratory system
- Loosens and helps remove mucus
- Soothes and hydrates lungs
- Chest and sinus anti-inflammatory

Traditionally, Mullein has been worked with for:

- Aiding chronic lung issues; such as asthma and COPD, bronchitis, sinusitis, tuberculosis
- Easing colds and coughs
(especially dry coughs)
- Relieving sinus infections
- Ear infections
- Gastrointestinal problems

Careful//Avoid with:

- Profuse congestion or discharge of mucus membranes in respiratory conditions due to hypotonic condition of the mucosa (major cases)

Actions: Expectorant, anti-inflammatory, antispasmodic, lung tonic

Energetics: Cooling and moistening



Liver, Blood, Digestive
n Kidney Tonic

Dandelion and Burdock.

Detoxifying + Digestive

Taraxacum officiale and Arctium lappa

Native to:
Asia and Europe

How Dandelion and Burdock act in the body:

- Blood purification // detoxification
- Tonifies digestive system
- Stimulates bile secretion + flow
- Protects and strengthens liver
- Supports pancreas and increases insulin secretion
- Stimulates kidney function
- Supports urinary system

Traditionally, Dandelion and Burdock have been worked with for:

- Digestive support before or after eating
- Clearing the skin; acne and other skin conditions
- Potential protective effect against rheumatoid arthritis, joint issues and osteoarthritis
- Easing burning from chilli on skin and in mouth
- Prostate infections
- Liver disorders

Careful//Avoid with:

- Allergy to the Asteraceae/Compositae/Daisy Family
- Ulcer in duodenum
- Bleeding disorders
- Bile duct obstruction or gall empyema
- Bile duct/liver/pancreas/kidney cancer
- Gallstones
- Diabetes (may lower blood pressure)
- Severe liver/kidney damage
- Pregnancy
- Blood thinning drugs

Actions: Alterative, analgesic, anti-inflammatory, antioxidant, antilithic, bitter, cholagogue, diuretic, tonic, hépatic, aperient, nutritive

Energetics: Cooling



Nerve n Adrenal

Tonic

Ashwagandha

Adaptogenic; Relaxing + Revitalizing

Withania somnifera

Native to:
Africa and India

How Ashwagandha acts in the body:

- **Adaptogenic**; can reduce effects of stress while promoting energy and vitality
- **Nervine and adrenal tonic**
- Improves sperm count, motility, quality
- **Aphrodisiac**; stress related difficulties
- **Anti-inflammatory**
- Helps **boost conversion of T4** (thyroid storage hormone) to **T3** (active thyroid hormone)

Traditionally, Ashwagandha has been worked with for:

- Support for recovery from debilitating diseases
- **Anxiety, depression, exhaustion and poor muscle tone**
- **Sexual disfunction** caused by stress
- **Male fertility**
- Symptoms associated with **arthritis pain**
- Potential effectiveness in **lowering blood sugar levels** in those with **type 2 diabetes**

Careful//Avoid with:

- Nightshade family sensitivity (such as tomatoes, peppers, potatoes, eggplant)
- Allergy to the Asteraceae/Compositae/Daisy Family
- Can increase thyroid hormone levels, and in turn can interfere with the control of hypo- and hyperthyroidism
- Diabetes or low blood pressure
- Pregnancy (can potentially have abortifacient effect)
- Cases of hemochromatosis (due to high iron content)

Actions: Adaptogen, anti-inflammatory, antidepressant, immunomodulant, nervine, sedative, tonic

Energetics: Drying and warming



Nerve n Digestive

Tonic

Chamomile

Calming + Digestive

Matricaria recutita

Native to:

Europe and temperate
regions of Asia

How Chamomile acts in the body:

- Relaxes and soothes muscles of digestive and reproductive tracts
- Powerful nervine; calms the nerves
- Anti-inflammatory and anti-spasmodic
- Mild bitter and liver stimulant

Traditionally, Chamomile has been worked with for:

- Easing cramping
- Digestive discomforts and disorders, such as IBS, especially with cases relating to stress and emotions
- Sleeping difficulties, fatigue and insomnia
- Hyperactivity, restlessness, nervous excitability
- PMS anxiety
- Acid reflux, colic, nausea, ulcers, flatulence
- Those who experience anger and inflammation when under stress

Careful//Avoid with:

- Allergy to the Asteraceae/Compositae/Daisy Family
- Contraceptive Drugs, estrogen pills, sedative drugs
- Blood thinning drugs

Actions: Nervine, carminative, anti-spasmodic,
anti-inflammatory, bitter, vulnerary,
anti-microbial, antidepressant, anxiolytic

Energetics: Cooling



Female Reproductive

Tonic

Black Haw

Reproductive + Cramp antispasmodic

Viburnum prunifolium

Native to:
Eastern North America

How Black Haw acts in the body:

- Uterine relaxant; relaxes uterus, urinary system, lower back and chest
- Nervine and anodyne properties calm the nerves and ease pain

Traditionally, Black Haw has been worked with for:

- Disorders of the female organs of reproduction
- Painful menstruation, low back pain associated with menses
- Premenstrual irritability, morning sickness
- Vaginismus (painful spasmodic contraction of vagina in response to physical contact or pressure, especially in sexual intercourse)
- Abdominal, bladder and diaphragm spasms, especially chronic hiccuphs, spasmodic coughing/asthma, gastric/intestinal cramps
- Spasmodic testicular pain
- Reducing pain and bleeding after childbirth, heavy menopausal bleeding, uterine/pelvic congestion and chronic inflammation
- Common use by midwives, herbalists and naturopathic physicians to prevent miscarriage during the first and second trimester

Careful//Avoid with:

- History of kidney stones (due to oxalate acid content)
- Large doses can lower blood pressure
- Aspirin allergy
- Contradicted during pregnancy, except in cases of threatened miscarriage or in the last 5 weeks
(if pregnant, always consult doctor before ingesting)
- Nausea and vomiting with large amounts

Actions: Uterine antispasmodic, anodyne, astringent, mild hypotensive, bitter tonic, uterine tonic, uterine sedative, nervine

Energetics: Neutral, drying, relaxing

working with

tinctures

With bottle upright, shake well, then drip into small cup of water (30 - 60 ml) or directly into mouth with some water already inside.

11 drops = 0.5ml

22 drops = 1ml

44 drops = 2ml

Maintain in mouth for 40 - 90 seconds, then swallow.

Keeping tincture under the tongue helps the plant constituents flow directly into the blood stream for a faster onset and increased absorption.

**Best ingested before food,
unless otherwise indicated.**

Tinctures can be mixed into hot drinks to help evaporate some of the alcohol.

Read potential interaction//contraindication
warnings provided in each plant
booklet before starting.

Most bottles contain both
acute (immediate, short term) and
chronic (long term) serving information.

Consistency is key.

Having one big serving will not have the same effect as multiple smaller ones spread throughout the day.

It is recommended to **begin with smaller servings** for a few days so that ones body can gently start to grow accustomed to the plants.

Do not exceed daily maximum.

Please consult a doctor, especially when pregnant, on any kind of pharmaceutical drugs, soon to have an operation or have any serious health issues.

Keep 2 hours or more between taking pharmaceuticals and herbal preparations.

Store in a cool, dark place away from young children.

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For any questions or more in-depth info
please visit urfradio.org



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course of therapy, whether discussed by
friends and family, the internet, your
neighbor, your teacher, or even your own
doctor, is always yours

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further exploration

we find it important not to be
satisfied solely with the sources of
information that we have been
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information, videos, or music from aaanywhere
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