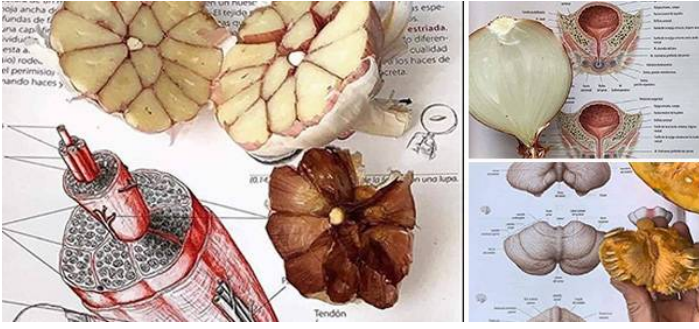


THE HERBAL BODY MAP

Posted on July 5, 2022 by Charlotte Hunter



Herbs are a natural wonder! They are some of the most important plants that exist on this planet. They offer a range of benefits that can be used to prevent, control, and cure illnesses. Some herbs are particularly important and can be used to aid specific organs in the body, whether it be helping to detoxify and cleanse the body part or ensuring that it can work to its maximum potential.

There are also many foods in nature that appear to resemble the organs or body parts that they are beneficial for.

The Eyes

Vision is one of the most important elements in the body. There is a range of herbs that are said to have properties that improve your sight.

Our eyes come under a lot of stress in everyday life! No wonder there are so many vision issues, and it is important to take care of our eyes, as vision is one of the most important senses. There are preventative measures that you can take to protect your eyes, but why not use natural ingredients such as herbs to reinforce and protect the eyes.

- **Turmeric:** Following studies and research, scientists have found that [turmeric applied directly to the eyes](#) can help improve eyesight and vision. This is because turmeric is said to reduce the loss of retinal cells, which in turn reduces the probability of glaucoma.
- **Eyebright:** Suggested by its name, eyebright is said to be amazing for helping with many issues with the eyes. It is said to help relieve irritation and inflammation of the eyes. It is also said to aid with sun-related damage.
- **Ginkgo Biloba:** This herb is good for preventing [age-related loss of vision](#). The most common use of this herb is for low-tension glaucoma. It has been used for healing eye-related issues for thousands of years and also helps prevent damage to the optic nerve.
- **Carrots:** The orange color in this vegetable comes from beta-carotene, a plant chemical that promotes [good eye health and protects vision](#). Our bodies turn beta-carotene to vitamin A which keeps our eyesight healthy and prevents the risk of cataracts.

The Lungs

Another extremely important organ that allows us to breathe. With so much pollution in the world, it is important to aid the lungs and make sure that they work as best as they can.

- **Mullein:** This herb is important as a remedy for the respiratory system. It can be used to cure various illnesses such as bronchitis and helps to loosen the build-up of mucus. The herb can be used in various ways, one of the most common methods to take this herb is tea, which can help to relieve coughs and other conditions in the lungs.
- **Ginseng:** Ginseng improves the function of the lungs, by aiding oxygen delivery to the

muscles. It is also one of the best remedies to prevent and cure respiratory illnesses such as the common cold.

- **Lemongrass:** Lemongrass, especially in the form of essential oils is a great remedy for excess mucus and phlegm build-up. It can also help relieve the most serious symptoms of asthma.
- **Lungwort:** An excellent botanical for respiratory complaints, lungwort lichen helps to clear mucus from the bronchial passages and reduce inflammation. It is a natural antibiotic and helps to clear chest infections like bronchitis, whooping cough, pneumonia, and tuberculosis. The herb is beneficial for those with asthma as well.

□ Both mullein and lungwort lichen can be found in my convenient [Bronchial Blend Tincture](#) in the Apothecary.

The Stomach

A lot of your immune system lies in your stomach; therefore, it is important to make sure that your gut is protected and functioning well. If you can improve your gut function, you will have more stable and better energy levels and are less likely to get sick.

- **Thyme:** Thyme is great for the stomach, it has antimicrobial properties which can improve your gut health, ensuring that the bacterium from food is controlled in the intestine. It can also help with any pain in the stomach.
- **Oregano:** Oregano, especially concentrated in supplements can be wonderful in curing stomach-related issues, it can help to control SIBO (small intestinal bacteria overgrowth) and otherwise soothe an upset stomach and aid digestion.
- **Moringa:** Moringa has a ton of benefits for the stomach! Some of these benefits include helping to treat stomach disorders such as constipation, gastritis, and ulcerative colitis. Moringa has high levels of vitamin B, which is important for aiding digestion.
- **Ginger:** Ginger warms the stomach and is a tonic for the digestive system. It also has anti-inflammatory, analgesic, and antibacterial properties that aid in healing stomach ailments. Its [antioxidant](#) effects have a positive effect on overall stomach health.

The Kidneys

Help process all of the waste, which is extremely important to leave your body functioning with the best parts of everything that you consume. If too many toxins build up in the kidneys, you can become susceptible to painful kidney disease and kidney stones.

- **Dandelion:** Although many people think that dandelions are just a common weed in the yard, they can be used for so many different things, one of the most important benefits of dandelion is its ability to help the kidney filter more effectively and prevent kidney stones.

- **Patchouli:** Patchouli helps the kidneys to filter toxins more effectively. It is also said to help purify the body and therefore aids in the prevention of kidney stones.
- **Ginger:** Ginger is another common ingredient that can do wonders for the body. Ginger can help to reduce kidney disease and is used to prevent issues with the kidneys from occurring. It can also reduce kidney damage that has already occurred as a result of an excess of toxins.
- **Beans** are in the legume family which includes dried lentils and split peas. Recent research shows the benefits of plant-based foods in the kidney diet. Beans are great for people with kidney disease to enjoy.

The Joints

Your joints are vital, and it is vital to take care of them, to avoid pain and problems with stiffness. If you already suffer from illnesses such as arthritis learn how to ease the pain and lessen the symptoms.

- **Birch Leaves:** Birch also has anti-inflammatory properties and can help ease stiffness in joints. It is often used to treat arthritis and can be consumed as tea or as a topical medicine.
- **Chamomile:** Chamomile especially in oil form can greatly reduce stiffness in the body and joints. It can also decrease inflammation of the body, helping to relieve pain in illnesses such as arthritis.
- **Basil:** Basil has many anti-inflammatory properties that can help to lower the risk of conditions such as arthritis. It can also help to reduce swelling in the body and basil helps to ease the pain.

□ The [Joint & Movement Salve](#) contains a soothing, anti-inflammatory blend of Arnica, Calendula, and St. John's Wort for unpleasant joint conditions, including: carpal tunnel, tennis elbow, OA, RA, and knee pain. Check out the [Apothecary!](#)

The Skin

The largest organ in our body that faces the most wear and tear. It is important for health reasons and improves your self-esteem when your skin is supple and glowing. There are many herbs that ensure your skin is in excellent condition. If you suffer from skin conditions or sunburn, there are herbs that can control these problems and rehydrate your skin.

- **Aloe Vera:** Aloe vera is amazing for your skin. It primarily serves to moisturize and hydrate the skin. It can help various skin conditions such as sunburn, acne, and eczema. It is used to soothe the skin and has cooling properties.
- **Lavender:** Lavender is a great herb for reducing inflammation in the skin, cleaning the surface of the skin, and helping with any painful parts of the skin. It can also help with scarring and

other patches of the skin.

- **Echinacea:** This herb helps to control bacteria and inflammation of the skin, making it excellent to treat acne and other sores. It can also help with bruising and overall moisturization of the skin. It also has some anti-aging properties which means it can help to reduce the appearance of fine lines and wrinkles.

The Brain

The brain is an extremely important organ that controls all of the functions of the body, of course, many people try to improve their cognitive function for a variety of reasons. Some herbs can even improve memory.

- **Sage:** Sage has a ton of helpful properties that help the functioning of the brain. Sage contains many antioxidants which can help with memory and improve the strength of the brain. Some studies even suggest that sage can help in the case of Alzheimer's disease.
- **St John's Wort:** This herb is vital for ensuring that the brain does not use up neurotransmitters that promote feel-good feelings, these neurotransmitters can be used in a more effective way which makes it a natural anti-depressant.
- **Ginkgo:** is widely touted as a "brain herb." Some studies show that it does help improve memory in people with dementia.
- **Lions Mane:** Lion's mane is said to reduce inflammation in the brain and also reduce the likelihood of Alzheimer's. It can also boost overall brain function and cognition, making it effective for brain support.
- **Rosemary:** In ancient Greece and Rome, rosemary was thought to strengthen memory. Researches indicates that inhaling rosemary oil helps prevent the breakdown of acetylcholine, a brain chemical important for thinking, concentration and memory .
- **Walnut:** One of the most apparent resemblances between food and the human body can be seen in walnuts. The shape of a walnut, along with its many folds and wrinkles, looks uncannily similar to the human brain. And it's also the most important nut for brain health. Walnuts possess a significantly high concentration of DHA - an omega-3 fatty acid. This fatty acid is extremely helpful in protecting brain health and improving cognitive performance.

The Heart

The heart is without a doubt the most important organ, that is necessary to protect and ensure that it is healthy. In modern culture, with unhealthy diets and a culture of stress, the heart can become damaged easily.

There is a range of herbs that can improve heart function and reinforce the heart's strength.

- **Cinnamon:** Although cinnamon is a super common spice and everyday ingredient, it is packed

with benefits. One of these benefits is that is extremely beneficial for the heart, as it is said to reduce the risk of heart disease and reduce cholesterol levels in the body.

- **Cayenne:** Cayenne can help to lower blood pressure and helps to maintain the blood vessels healthy. Cayenne pepper is also said to increase circulation. All of this is vital to maintaining a healthy, functioning heart.
- **Hawthorn:** This herb is used to protect against heart disease and can help people who suffer from high blood pressure. It can also be used to increase artery flow and circulation.

□ To encourage cardiovascular and brain health, we've put together a convenient [herbal remedy bundle](#) that helps to regulate blood sugar levels, improve brain function, and support heart health.

The Liver

The liver is another key organ that is vital to processing waste from the body. Especially, when it comes to the consumption of alcohol. Many people damage the liver with excess alcohol consumption, luckily some herbs can start the process of reparation.

- **Milk Thistle:** This herb is commonly used to help control liver conditions such as alcoholic hepatitis and alcoholic cirrhosis. This can increase liver function and increases the chance of survival for these chronic diseases.
- **Green Tea:** Green tea can help a lot with the regulation of the liver and means that there is less build-up of lipids in the liver. It is also said to be able to offer protection against liver disease to a certain extent and generally improves overall liver function.
- **Licorice:** Another common food item, that has some very important benefits! It is said that licorice can reduce liver injury by offering anti-inflammatory properties. It is also said to reduce the effects of liver disease that was caused by other reasons than excessive alcohol consumption.

The Bladder

Heavily linked to the kidneys, the bladder is another vital part of the body to ensure that waste is processed by the body. UTIs can be super painful and if you are prone to them, they can become expensive to treat. This means that you might want to look at herbal alternatives to relieve your pain.

- **Arrow Root:** This herb is known for its anti-inflammatory properties that can help to treat issues in the bladder such as bladder and urinary tract infections.
- **Horsetail:** Horsetail can help with common ailments such as fluid retention and incontinence. It can also help with the general functioning of the bladder and protect against kidney and bladder stones.

- **Barberry Bark:** Barberry Bark has powerful antibacterial properties, it is commonly used to control urinary tract infections, it eases inflammation and therefore soothes the pain of these common infections. The berries of this plant can also be used to aid the functioning of the bladder, as they have a diuretic effect that allows the body to flush out bacteria which supports and boosts the overall immune system.

In conclusion, there are a wide variety of herbs that are used to help heal the human body. Many of these herbs can be used for specific body parts and the herbs are used to detoxify and cleanse or soothe illnesses. It is important to gather this knowledge to gain a better understanding of your body and the herbs that you can use to help your body fight diseases and be overall healthier and stronger. These herbs are also natural remedies, which means if you want to avoid common side effects of some regular antibiotics or anti-inflammatories, you can opt for the natural route, using plants in harmony with your body.

You may also like:

[Homemade Lion's Mane Tincture for Brain Fog](#)

[How to Mix Your Foods for Maximum Benefit](#) (Video)

[What Happens If You Eat a Carrot in The Morning?](#)

[The Backyard Plant that Keeps Your Heart Young](#)

[Healthy Foods That Can Cause Kidney Stones](#)

Comments



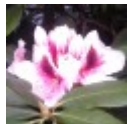
Christy - 2022-08-03 13:41:03

Saw Palmetto and pumpkin seed oil blocks the conversion from testosterone to DHT which causes male pattern baldness



Melissa - 2022-07-20 18:33:21

whats the book called? I tried to find it but was unsuccessful



Darcy - 2022-07-18 17:06:06

My Son has to have transfusions bi weekly and was looking for something that will reduce the amount of iron building up in his organs from the packed red blood cells. I can't find anything.



Carol L - 2022-07-15 00:36:06

You can do a search. I have not been able to confirm how much (if any) coumarin is in the Indonesian (cinnamomum burmannii). There are several articles on the benefits of it, however. Just type it into a search engine and there are many articles about it.



Kristi - 2022-07-14 15:41:00

Brother has bleeding ulcerative colitis. Hoped I'd find some help here. Could you suggest something? He's tried medicine, not helping.



Omer - 2022-07-14 13:58:24

Hi Kayla, Would you be able to forward the steps to me for this mixture & process? That would be greatly appreciated. oebault@gmail.com



Lisa D - 2022-07-14 10:43:13

Hi Carol L, Wonder what is known about *Cinnamomum burmannii* (bark) ? I'm currently taking 1,000 mg per day. Your thoughts on this ? Many thanks



Claire Marshall - 2022-07-13 12:36:48

I wanted to purchase the book called the foragers guide to wild foods. But when I went to fill my details in, I found that you don't SEND TO THE UNITED KINGDOM, WHY?



Mike - 2022-07-12 11:45:51

I was bedridden for about 3 months with gout primarily in both feet. Doctor was doing normal approach but not really helping. I don't drink or eat what 'normally' causes gout. I finally found information about how stress and the body breaking down will cause it. Also found the a charcoal poultice works very well. Added hot and cold fomentation therapy to the kidney areas. These greatly reduced issues and with being more careful with diet (like lowered sugar intake...) and reducing stress, I started recovering. Ultimately, was lacking a more full healthy lifestyle - getting appropriate sleep, nutrition, exercise and fresh air, water, sunshine, careful what I was actually putting into my body (stay away from fake sugar!), trust the Creator. Herb wise that has helped the most is milk thistle. Also royal chanca piedra. Bottom line is finding what your body needs.



Jamie Mitchell - 2022-07-12 06:04:45

This is just great information, it's a credit to you. well done.



Mary - 2022-07-08 13:01:08

Good catch Sean. I, too, would love to know the name of the book in the top photo collage and how to get it.



D Newman - 2022-07-08 10:48:57

So very thankful that this helped you to overcome your disk herniation. I have 5 herniated and 2 bulging disks due to a head on car accident 15 years ago. My MRI shows herniations in various directions and thru physio I perform exercises on a half ball to help. It did help somewhat but at this stage unfortunately it is permanent. I find as I am aging my ability to manage my pain is reducing. My ability to stand, sit and walk for any duration is reducing. I am trying to find ways to combat that as I feel I am too young and I want to continue to live my life the best way possible. I appreciate your input however, thank you. I'm just wondering if there is anything natural, besides marijuana that will help with pain.



Carol L - 2022-07-08 09:26:33

It should be mentioned that the correct cinnamon is "sweet" or Ceylon cinnamon. Casia, the most common, and found in grocery stores has a large amount of natural coumarin: a blood thinner and should not be taken in large amounts, or for those on pharmaceutical blood thinners. Make SURE to always use Ceylon, Sweet, cinnamon, NOT Casia



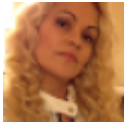
Sherry Francis - 2022-07-07 19:00:33

Thanks :)



Kimmers - 2022-07-06 14:34:07

My husband suffers from degenerative joint disease and is in constant pain. He still works hard in our family owned business. What can ease his pain and possibly help regenerate the joints? Our insurance won't cover an MRI so we can't get any further medical help and he doesn't want to be on pharmaceuticals the rest of his life.



Sophie - 2022-07-06 14:17:55

The doctor gave my mom a list for a low purine diet. I google to see what she should be eating. It seemed to have helped her.



Kayla - 2022-07-06 02:30:32

Since I have started using kombucha as a hair and scalp rinse, my hair has gotten so much thicker. I was really thin on top. Just make sure to dilute it 1:1 with water, let it sit for about 5 minutes then rinse well and use a good conditioner.



Vicki - 2022-07-05 20:00:53

If you know which side the herniation is in your disk there is a very simple effective exercise to fix the problem - depending on the size of the herniation. It fixed my herniation the size of a raspberry. Stand sideways to a wall about a foot away from the wall with your herniated side the opposite side to the wall. Then lean against the wall with your shoulder. Then move your hips into the wall so you are creating an angle position. Logically you would think that this would crush the herniation but it does the opposite by creating negative pressure on the other side of the disk and sucks the disk back in. and if the herniation is towards the back of the spine, lie on your front with your hands under your shoulders and push up to arch your back. Again negative pressure is created on the opposite side of the herniation and sucks the disk back in. I do not guarantee this will work for everyone as it would depend on the damage to your disk. But for simple herniation of a disk this exercise should work. But as soon as you feel the slightest pain then do the exercise. you do need an MRI to see where the disk is herniated to perform the exercise on the correct side. A physiotherapist taught me this exercise and it saved me from an operation. At the time I could not get out of bed with out severe pain and could barely walk. That was over 20 years ago now and have never had a problem since then.



Stephen Gould - 2022-07-05 18:56:00

A nice little reminder of the signatures of plants herbal doctrine. Bright, Colorful, and Useful. Thank you!



Wendy - 2022-07-05 18:51:19

I also was wondering what the book at the top of the page is. As always love all your emails and books!



Julie - 2022-07-05 17:50:32

Don Tolman has a book dedicated to foods with a map for each system.



Sherry Francis - 2022-07-05 15:55:39
What can be used to help Gout?



Rick - 2022-07-05 14:53:41
A nettle, moringa, lavender in apple cider vinegar and water mixture used a couple times a week.



Chris - 2022-07-05 14:39:26
Good information so I know where to start my research when I am look for a "herb for that". Thank you!



Regina Baker - 2022-07-05 14:00:26
Thank you so much for sharing with us all the books and emails. I enjoy learning new plants annd recognize others in the book. My Grandmother was Cherokee and we used to go find plants all the time.



Mary - 2022-07-05 13:46:33
This is a keeper!!! Thank you for sharing this all together. I too thought I would see an actual diagram. I would pay to have a detailed map with booklet of this information. Such a great idea!



June - 2022-07-05 13:09:55
Healthy mouth herbs would be helpful too!



Sean Dioca - 2022-07-05 13:03:40
What book is it that you have those pictures from in the top of the article. I would love to get that. I'm in herbalist school and I use your information in my research projects all the time !!!



D Newman - 2022-07-05 12:59:51

Love your emails and information. Also wondering about back pain, especially as it relates to bulging and herniated disks?



Rosie - 2022-07-05 12:55:59

Thank you! I loved the article! Very informative and helpful :D



Elaine - 2022-07-05 12:42:42

What are the herbs to use for baldness?



Don Karp - 2022-07-05 12:15:13

Great summary article, but I was a little disappointed, as the word "map" keyed me in to expecting a visual diagram.