

Guide for Herbs Frequency Library

Herb	Quick Meaning	Herb used for	Use in combination with other frequencies/libraries in the Genius
Alfalfa	pH balance	Alkalizing, liver balance, superfood nutritive	Today's Stress, Body Systems, Digestion
Aloe	Skin healing	Improved digestion, eases constipation, heals gut mucosa in cases of leaky gut.	Digestion, Organs, Glands
Amla	Vitamin C	Immune support, blood sugar regulation, vision support	Today's Stress, Organs, Infections Energetic
Angelica	Digestive	Improve blood circulation, immune system support, ease constipation, liver detox, hormonal balance	Organs, Digestion, Body System, Hormones
Arnica	Wound healing	Helpful for quick healing of bruises, sprains and muscle pain	Spinal energy, meridians, Body Systems, Today's Stress
Ashwagandha	Adrenal health/Immune Support/Adaptogen	Immune support, Nervous system, restore vitality after depletion, cope more efficiently with stress. Wonderful tonic herb, also known as "Indian Ginseng"	Adrenal Assessment, Systems Inquiry, Today's Stress, Kidney Meridian, Body Systems, Vitamins, Minerals
Astragalus	Adrenal health	Telomerase activator, anti-aging qualities, immune support	Meridians, Today's Stress, Hormones, Neurotransmitters
Bacopa	Increase circulation to the brain, help with memory, maintain health of the brain	A rejuvenative tonic, promotes intellect and longevity. Early research suggests it may help to prevent cognitive decline	Brain Anatomy, Brain Assessment, Neurotransmitters, Alzheimer's Disturbance Assessment, Alzheimer's Disturbance Solutions

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Bearberry	Urinary tract health including clearing UTI's	Kidney Support, Urinary and Bladder System	Digestion, Body Systems, Today's Stress
Bee Balm	Digestive health, colds/flu	Colds, headaches, gastric disorders, kidney issues, sore throats	Infection Energetic, Digestion, Today's Stress, Kidney Disturbance Assessment
Bee Pollen	Wellness Tonic/Amino Acids	Anti-Inflammatory, adrenal health, anti-microbial	Today's Stress, Meridians, Infection Energetic
Bilberry	Antioxidant/Eyesight	Capillary strength, health of eyes, improve circulation, including health of veins and arteries	Today's Stress, Vessel Harmonizing, Heart Anatomy, Body Systems
Black Cherry	Kidney wellness	Kidney Stones	Today's Stress, Digestion, Body Systems
Black Cohosh	Phytoestrogen for menopause	Hormonal Support, Estrogen Balance	Hormones, Organs, Glands
Boneset	Onset of flu - great for stopping it in its tracks - take at first sign of chills, fever and achiness	Reduces fever, acute bronchitis, nasal inflammation, joint pain, pneumonia and more. Helpful for digestive health, simulates deficiency enzyme systems.	Digestion, Infections Energetic, Cold/Flu Series, Immune Resilience Series, Today's Stress.
Borage	Hormonal health, supports essential fatty acids and production pathways for progesterone	Used for adrenal insufficiency, blood purification, good source of essential fatty acids, potassium, Zinc, B and C Vitamins	Adrenal Disturbance Assessment, Hormones, Kidney Meridian, Today's Stress, Vitamins, Minerals
Boswellia	Anti-inflammatory, helps with overall pain including that of osteoarthritis	Inflammatory response, supports the liver and promotes healthy cholesterol levels	Heart Disturbance Assessment, Inflammation Assessment, Today's Stress, Pain Stress Disturbance Reduction Program

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Buchu	Urinary tract health including clearing UTI's	UTI's, Kidney Health, water retention, digestive health, blood circulation. High in rutin, a bioflavonoid	Kidney Meridian, Bladder Meridian, UTI Assessment, Kidney Disturbance Assessment
Burdock	Detoxification/Liver Support	Detox blood, support lymphatic system, improve skin conditions	Digestion, Today's Stress, Body Systems
Butterbur	Used commonly for migraine headaches and seasonal allergies	Migraines, improves digestion, anti-inflammatory, muscle relaxant	Neurotransmitters, Organs, Chemical sensitivities, Electrical sensitivities, Spinal Energy
Calendula	Skin healing, Wound healing	Promotes the development of collagen structures in the skin and mucous membranes,	Body Systems, Today's Stress, Meridians, Skin Rejuvenation & Youth Restoration Series 1-6
Cascara sagrada	Colon health, mild laxative, general non-habit forming	Laxative, Bitter Herb for good digestion, anti-parasitic, antimicrobial, detoxification	Digestion, Organs, Today's Stress
Cat's claw	Immune system support, helps with infections, particularly Lyme disease	Sustain healthy joints, Improve recovery after workouts, enhance immune response	Today's Stress, Infection Energetic, Adrenal Disturbance Assessment
Cayenne	Increase circulation	Improve psoriasis, lower blood pressure, relieve pain, aid digestive health	Organs, glands, Vessel Harmonizing, Heart Health 1-6
Chamomile	Sleep support and relaxation	Calm anxiety, soothe digestive system, helpful for hemorrhoids	Today's Stress, Spinal Energy, Glands
Chaparral	Liver health, can help with weight loss, helps with immune support	Used for weight loss, cleansing of blood, immunity and skin issues	Hormones, Weight Loss Series, Infections Energetic, Detox 1-6

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Chaste tree	Hormonal Balance, Fertility.	Herb to help in menopause, helps to increase progesterone levels in order to correct estrogen dominance	Hormones, neurotransmitters, Today's Stress,
Chicory	Digestive wellness, liver and gallbladder health (bitter)	Inulin fiber as a prebiotic, helps with bowel health and supports weight loss, Liver detoxification	Organs, Digestion, Today's Stress, Microbiome 1-3
Chinese licorice root	Anti-viral, immune supportive, helps with the production of cortisol	Adrenal Health, increases low cortisol levels, antiviral	Today's Stress, Digestion, Liver Meridian, Liver Assessment
Club moss	Liver and kidney health, diuretic	Memory issues including Alzheimer's, release water retention, urinary and kidney disorders	Brain Anatomy, Brain Waves, Neurotransmitters, Kidney Meridian, Kidney Assessment, UTI Assessment
Comfrey	Wound healing, burn relief, bronchitis	Relieves pain and inflammation, helps to calm the stomach. Helps with growth of healthy skin	Body Systems, Today's stress, Injury Assessment, Inflammation Assessment
Cordyceps	Adrenal health/Adaptogen	Adrenal Health, overall wellness tonic	Minerals, Vitamins, Adrenal Assessment, Today's Stress
Dandelion	Liver detoxification, cholagogue	Inflammation, blood sugar, blood pressure, weight loss, release water retention	Today's Stress, Hormones, Liver Assessment
Dong quai	Hormonal health, tonic for the endocrine system	Blood sugar, bone health, hot flashes, insulin resistance, inflammation, hair loss	Hormones, Glands, Endocrine Regeneration 1-8

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Echinacea	Immune support, helpful for acute infections including cold, flu, chest infections and more.	Acute infections, antibacterial	Infections Energetic, Healing Hidden Infections series
Fo-Ti	Adrenal health/Ho Shou Wu/Regenerative	AKA Ho Shou Wu, nourish blood, liver and kidneys. Health of skin and hair	Organs, Glands, Neurotransmitters, Hormones.
Gingko biloba	Brain health by increasing circulation to the brain, improved memory and learning	Increase circulation to the brain	Brain Anatomy, Vessel Harmonizing Program
Ginseng	Adaptogen, adrenal health	Improve overall vitality	Adrenal Assessment, Systems Inquiry, Today's Stress, Kidney Meridian, Body Systems, Vitamins, Minerals
Gynostemma	Hormonal balance/Adrenal Health/Wellness Tonic	Wellness Tonic	Today's Stress, Kidney Meridian, Body Systems, Vitamins, Minerals
Holy basil	Adaptogen, adrenal health	Immune health, adrenal health, improve stress response	Adrenal Assessment, Systems Inquiry, Today's Stress, Vitamins, Minerals
Kava kava	Anxiety reduction, calming, soothing herb	Reduce anxiety, protect neurons from damage, very calming, create feelings of relaxation	Neurotransmitters, Emotional Reset 1-3, Stress Assessment, Hormones
Korean Ginseng	Adrenal health/Adaptogen	Anti-aging support, wellness tonic	Hormones, Neurotransmitters, Glands
Lemon Grass	Digestive health	Anti-inflammatory, antioxidant	Body Systems, Digestion, Glands, Organs
Lion's mane	Brain tonic	Nervous system tonic	Brain Anatomy, Neurotransmitters, Nerve Tonifying, Cranial nerves

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Lycium Fruit	Wellness/Adrenal Tonic/ Antioxidants/Vitamin C	Supports liver, kidneys, eyes and lungs	Organs, Glands, Infection Energetic, Body Systems
Maca	Hormonal Health	Health including pituitary, thyroid, adrenal and reproductive hormones	Hormones, neurotransmitters, Today's stress
Maitake	Chinese tonic herb, some studies for cancer prevention	Helpful overall for nervous system, may help with symptoms of depression and anxiety	Neurotransmitters, Today's Stress, Body Systems
Milk Thistle	Liver health, detoxification, cholagogue (increase bile flow)	Liver health, skin health, help with insulin resistance, allergica asthma	Glands, Organds, Digestion, Today's Stress, Liver Assessment
Rhodiola	Adaptogen, adrenal health	Helpful for adrenal health, lifts energy up but also calms down the nervous system. Helpful for depression	Hormones, Neurotransmitters, Adrenal Assessment, Stress Assessment, Anxiety Assessment, Depression Assessment
Saw Palmetto	Prostate Health	Testosterone levels, Men's health, slow hair loss associated with hormonal changes	Hormones, Today's Stress, Glands
Schizandra	Adaptogen, liver health, wellnes tonic	Adaptogen, liver conditions, stomach disorders, improve overall vital force	Hormones, Neurotransmitters, Adrenal Disturbance Assesment, Liver Assessment
Shilajit	Mineral rich adaptogen	Adrenal Health	Hormones, Neurotransmitters, Adrenal Assessment, Stress Assessment, Anxiety Assessment, Depression Assessment
Siberian Ginseng	Adrenal health/Adaptogen	Adrenal Health	Adrenal Assessment, Systems Inquiry, Today's Stress

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Skullcap	Sleep support and relaxation	Nervous system Health	Nerve Tonifying, Emotional Reset 1-3, Cranial Nerves
Suma	Adaptogen, adrenal health, blood sugar	Blood sugar balance, Diabetes	Hormones, Blood Sugar Series, Diabetes Series
Turmeric	Antioxidant	Liver detoxification, brain protection, modulate the immune system in autoimmunity	Liver Assessment, Organs, Digestion, Today's Stress
Two catnips	Digestive Health/Relaxation	Nervous system, insomnia	Hormones, Neurotransmitters, Digestion, Glands
Two rhodiola	Adaptogen, adrenal health	Adrenal Health	Hormones, Neurotransmitters, Adrenal Assessment, Stress Assessment, Anxiety Assessment, Depression Assessment
Valerian Root	Relaxation	Insomnia, regulate sleep cycle, ease anxiety	Glands, Hormones, Neurotransmitters