

Earth's Healing Gifts

An Herbal & Plant Medicine Guide



Alexandra Malouf

1st Edition

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Introduction

While I've culled information from reliable & peer-reviewed medical resources, this document has not been individually peer-reviewed by medical professionals. I am not a doctor or medical professional and cannot accept culpability for health outcomes. The tips & information compiled in this reference should not be interpreted as medical advice or substituted for medical treatment. Please do your own additional research & consult your doctor before putting any of these remedies into practice.

Why I Created This Guide

When I first created this guide, I planned to use it as a quick reference for my own use. Whenever I experienced an increase in symptoms, I used it to point me toward appropriate remedies. But eventually, I realized that there were a lot of other people who, like me, were not getting all the help they needed from their doctors and were looking for anything else that could help. The trouble is, not everyone has the same privileges I was lucky enough to have had in my college education, and when it comes to plant medicine, not knowing what you're doing can actually be dangerous. While I'm incredibly familiar with the remedies listed in this guide, I regularly re-research them to update myself on any new research findings that may have come out since the last time I used them. I don't ever want to miss something that comes out saying that a plant previously believed safe when taken alongside my current medications is no longer considered a safe combination.



As I noted in the introduction, this reference was never intended to be comprehensive. Instead, think of it as a jumping-off point in your learning about plant medicine. I always recommended doing outside research before engaging with any kind of treatment—even natural medicine. Natural doesn't always mean 100% safe, and the reason for this is that every treatment affects different people in unique ways. Not every remedy will work for every person. You might be taking a medication that interacts with chemical compounds in a plant remedy in ways that could harm you. You might metabolize certain compounds too quickly for them to be effective on you. Or, you might have a condition that doesn't mesh well with certain types of movement or chemicals. You might be more sensitive to certain ingredients than other people. These are just a few of the things to keep in mind when you use a natural remedy that's new to you. There is always the possibility of side effects—and this is the reason that doctors sometimes need to prescribe several drugs to patients before finding one that works. Everyone is different.

I plan to continue updating this guide as new information enters my periphery. New editions can be found [online](#).

Section 1: Instructions & Safety

How To Use This Guide

Start by identifying a remedy you want to try. Once you've done that, become an expert about that specific remedy. Do enough outside research that you can answer the following questions.

1. What potential side-effects do you need to watch out for when you first try a new remedy?
2. What symptoms of allergic reaction that you need to watch out for (not just for people with known allergies)?



Is there any evidence to suggest that the remedy:

3. may interact with medication(s) you are taking?
4. may cause harmful effects on people with your health condition(s)?
5. may contain an allergen you are allergic to?
6. should be used only at specific dosages?
7. should be used only at certain points in your hormonal cycle (people assigned female at birth)?
8. isn't safe for people of your biological sex?
9. isn't safe to use on children or infants?
10. isn't safe to use if you're pregnant or breastfeeding?

Is there evidence to suggest that *when foraged*, the remedy:

- 11. isn't safe to use when harvested in certain seasons or locations?
- 12. should only utilize certain parts of the plant/mushroom?
- 13. requires a certain preparation to be safe (such as boiling, drying, removal of certain parts, etc)?
- 14. could easily be mistaken for another plant/mushroom that is toxic?
- 15. might require gloves or protective clothing while harvesting?

Never, never, never eat a foraged plant or (*especially*) a mushroom that you cannot be 100% confident identifying. And you shouldn't feel 100% confident without extensive knowledge of that plant/mushroom and its look-alikes, habitat & chemical composition. If you don't feel confident, take it as a sign your brain is trying to warn you, and just go buy the thing instead.

When purchased, do the product ingredients:

- 16. contain additional ingredients you are allergic to?
- 17. contain additional ingredients that might interact negatively with your medications or health conditions?
- 18. contain alcohol, caffeine, or sugar (if you're trying to avoid them)?
- 19. contain hormone disruptors (people assigned female at birth)?



To save you time answering these questions, many of the remedies included in this guide contain footnotes alerting you of potential dangers. However, I'll repeat again that even the footnotes are not comprehensive. I still recommend doing some extra digging yourself. Always remember that the information we have now is incomplete and growing every day. A humble approach to what you know (and don't know) is often the safest approach.

Research tips: go broad & deep

To access the best information for managing your health, it's important to seek the best sources. To do this, I always recommend researching across a variety of source types by digging deep into books, scholarly articles, and peer-reviewed medical references.

Books

Books are often one of the more accessible sources of information on plant medicine & health. When evaluating the quality of a book source, the following are some good signs:

- The author has expertise or respect in their field.¹
- The author includes citations (or recommendations) for their sources.
- The book is recommended to you by a medical professional or another applicable expert.

Medically Reviewed References



For our purposes, medically reviewed references are essentially encyclopedias or compilations of information about health topics. [WebMD](#) is the most well-known example, and while it's often dismissed in passing conversation, [WebMD](#) is actually funded and reviewed by medical professionals. Sources of this type are another very accessible source of information for laypeople. Signs of reliability in a medical reference source include:

- The source's digital "about" page, website footer menu, or introduction indicates that it's reviewed or managed by medical professionals.
- The source lists membership in a professionally recognized medical network, academy, or hospital.²
- The source webpage lists the name of a medical reviewer alongside its author.³
- The source is recommended to you by or widely utilized by medical professionals or plant medicine experts.⁴

Scholarly Articles

Scholarly articles can be intimidating to read as a layperson, but often, you will surprise yourself. Not all scholarly articles are filled with dense academic language. You'll find that a fair number are quite comprehensible when you give them a chance. I find that the most helpful sections are the "abstract," and the "findings" or "conclusions" sections. A scholarly article is different from an informational article published on a website. Scholarly articles tend to be published by universities and laboratories in academic journals. You can often find them by accessing online university libraries, academic databases, and academic journal websites.

Even when it comes to official academic research, it's important to ask questions where your health is concerned. For instance:

- What, if anything, might this study have not accounted for?
- Were people in my demographic (race/sex/age/health/income/class etc.) included in the study?

¹ Expertise may be accompanied by an academic degree or professional license. Respect is less easy to quantify. It may look like hundreds of positive reviews, endorsements from other qualified professionals in their field, public speaking invitations, their work being recommended to you by others well versed in their field's discourse, etc.

² Some examples are the National Medical Association, American Migraine Foundation, National Health Service (NHS, UK), American Academy of Allergy Asthma & Immunology, Centers For Disease Control & Prevention (CDC), American Medical Association, WebMD LLC Network, & The Accreditation Council for Continuing Medical Education.

³ This might look like: "this information was medically reviewed by Alan Jones, MD" or "reviewed by Dr. M. Hillaire, LSCW."

⁴ An example of a source being widely utilized by medical professionals is *Psychology Today*'s "Find A Therapist" page, in which therapists across the United States publicly solicit their services & accreditations.

- Do other studies appear to confirm the research?
- Are there any other factors that may have skewed the results?
- Does your personal or family health history place you in a category (such as “breast-cancer survivor”) that makes certain research (such as research using only “healthy women of child-bearing age”) irrelevant to you?



- Does your drinking water contain certain an overabundance of certain substances already? For instance, if your drinking water contains a significant amount of chromium, adding a chromium supplement to your diet could create toxicity. Find out what's in your drinking water by entering your zip code into the [Environmental Working Group's Tap Water Database](#).

Other types of sources

Often, you can find sources by independent scholars that provide accurate information even though they may not meet all of the requirements listed above for academic sources. A few additional signs of a good source include:

- You can confirm that the source's content aligns with the content of other confirmed reliable sources.
- You can identify the author as someone with expertise or respect in their field.
- The author includes citations (or recommendations) for their sources.
- The source is recommended to you by or widely utilized by medical professionals or plant medicine experts.

Where to begin

In the back of this guide, I've included a list of reliable sources you can use to research the above questions in “[Section 4: Tried-&-True Resources](#).” My list is not comprehensive but provides a good starting point if you're a beginner. For additional tips on how to research your medical condition, check out my blog post on the topic by visiting alexandramalouf.com/how-to-research-your-medical-condition.

Section 2: System-By-System Supports

Blood-sugar Management

- Anise Tea (drink after a meal)
- Berberine
- Burdock root tea⁵
- Chaga mushroom (for blood-sugar reduction)
- Chromium picolinate⁶
- Cinnamon (& Cinnamon Tea: drink after a meal)⁷
- Cordyceps (mimics insulin in the body)⁸
- Lion's mane⁹
- Maitake mushroom (reduces insulin resistance)
- Rooibos Tea (drink after a meal)
- Spearmint Tea (drink after a meal)



⁵ Do not use **burdock** if you suffer from a bleeding disorder, take medication that reduces blood clotting or before surgery. Burdock is also not recommended for those with low blood sugar.

⁶ Be careful with chromium if you are sensitive to metals or have heavy metals in your tap water.

⁷ In huge quantities, **cinnamon** can be harmful, especially to people who are pregnant or suffering from liver disorders. The amount typically consumed with food is considered safe.

⁸ **Cordyceps** should be avoided by people suffering from low blood sugar & should be used with caution (if at all) by people on medication that lowers blood sugar. Do not use cordyceps if you suffer from a blood disorder, are on medication that interferes with blood clotting, are pregnant, or before surgery. If you are allergic to yeast or mold, there is a higher likelihood that you may be allergic to cordyceps as well—proceed with caution.

⁹ **Lion's mane** has been known to temporarily decrease libido in some males & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

Adrenal Support

For Mental Focus

- Ginkgo biloba leaf¹⁰
- Lion's Mane¹¹
- Rhodiola

For Fatigue

- Ashwagandha
- CoQ10
- Cordyceps¹²
- Reishi mushroom¹³
- Vitamin B12 & B5
- Vitamin D

For Stress Reduction

- Holy Basil Tea
- Lion's mane¹⁴
- Magnesium¹⁵
- Probiotics

¹⁰ Do not consume **ginkgo** raw. Avoid combining ginkgo with nonsteroidal anti-inflammatory, anticoagulant, anticonvulsant medicines or tricyclic antidepressants. Avoid long-term use. Avoid use if you suffer from liver ailments, are pregnant or before surgery.

¹¹ **Lion's mane** has been known to temporarily decrease libido in some males & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

¹² **Cordyceps** should be avoided by people suffering from low blood sugar & should be used with caution (if at all) by people on medication that lowers blood sugar. Do not use cordyceps if you suffer from a blood disorder, are on medication that interferes with blood clotting, are pregnant, or before surgery. If you are allergic to yeast or mold, there is a higher likelihood that you may be allergic to cordyceps as well—proceed with caution.

¹³ Don't use **reishi** if you have a blood disorder, are taking blood thinners or before surgery. Reishi is also not appropriate for those who are pregnant or breastfeeding or those who have high blood pressure.

¹⁴ **Lion's mane** has been known to temporarily decrease libido in some males & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

¹⁵ Magnesium Stearate can be harmful to individuals struggling with Diabetes or Gastroparesis.



Elimination Systems Support

- Chlorella (tablet; bonds with heavy metals in the body & aids elimination)
- Corn Silk
- DIM (capsules)¹⁶
- Dandelion Root
- Cruciferous veggies (like brussels sprouts & broccoli)
- Fiber
- Legumes (lentils, black beans)
- Low glycemic-index fruits; especially Pears
- Orange veggies
- Prebiotics
- Probiotics
- Work to manage stress

Liver Support

- Alpha lipoic acid
- Artichoke leaf
- B-100 complex
- Beets
- Burdock root tea (to encourage sweating)¹⁷
- Cabbage

¹⁶ DIM is unsuitable for people who suffer from hormone-sensitive conditions such as endometriosis, PCOS, and fibroids.

¹⁷ Do not use **burdock** if you suffer from a bleeding disorder, take medication that reduces blood clotting or before surgery. Burdock is also not recommended for those with low blood sugar.

- Carrots
- Dandelion root tea
- Inositol
- Kale
- Lemon & orange (especially the peels)
- Milk Thistle fruit tea¹⁸
- Mustard Greens
- Sweet Potato
- Selenium
- Turkey Tail mushroom
- Vitamin C
- Watercress

Large Intestinal Support

- Flaxseed (ground)¹⁹
- Oat bran
- Acacia (fibers)
- Omega-3

Thyroid Support

- Artichoke leaf
- Vitamin D₃

Menstrual Cycle Support

Whole Cycle Support

- Vitex (capsule best)²⁰
- Magnesium-calcium blend (ionic powdered form)²¹
- Melatonin (low dose)

Follicular Support

- CoQ10
- Dong Quai Tea²²

¹⁸ People with diabetes, hypoglycemia, or other conditions causing low blood sugar should use **milk thistle** with caution (if at all) due to its effect of lowering blood sugar.

¹⁹ Don't eat **flaxseed** raw or unripe.

²⁰ DIM is unsuitable for people who suffer from hormone-sensitive conditions such as endometriosis, PCOS, and fibroids.

²¹ **Magnesium Stearate** can be harmful to individuals struggling with Diabetes or Gastroparesis.

²² **Dong Quai** is not safe for people with a family history of cancer.

Ovulatory Support

- DIM (capsules)²³
- Dong Quai Tea²⁴
- Cruciferous veggies (like brussels sprouts & broccoli)
- Vitex (capsule best)²⁵

Luteal Support

- Chromium²⁶
- Cinnamon²⁷
- Nettle Tea (rich in vitamins A & C, iron & calcium)
- Parsley Leaf Tea
- Raspberry leaf tea
- Quercetin

Menstrual Support

- Nettle Tea (rich in vitamins A & C, iron & calcium)
- Parsley Leaf Tea
- Raspberry leaf tea
- Quercetin

Immune & Inflammation Support

- Apple cider vinegar
- Beans & Legumes
- Berries
- Black Elderberry Extract (for cold or flu)
- Carrots
- Chaga mushroom (in tea)
- Chamomile flower compress²⁸
- Chlorella (tablets)
- Cordyceps²⁹

²³ DIM is unsuitable for people who suffer from hormone-sensitive conditions such as endometriosis, PCOS, and fibroids.

²⁴ Dong Quai is not safe for people with a family history of cancer.

²⁵ DIM is unsuitable for people who suffer from hormone-sensitive conditions such as endometriosis, PCOS, and fibroids.

²⁶ Be careful with chromium if you are sensitive to metals or have heavy metals in your tap water.

²⁷ In huge quantities, cinnamon can be harmful, especially to people who are pregnant or suffering from liver disorders. The amount typically consumed with food is considered safe.

²⁸ Do not use chamomile if you take cyclosporine or warfarin. It's possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs used to prevent organ transplant rejection).

²⁹ Cordyceps should be avoided by people suffering from low blood sugar & should be used with caution (if at all) by people on medication that lowers blood sugar. Do not use cordyceps if you suffer from a blood disorder, are

- Dark greens like spinach & kale
- Echinacea Tea (especially good for colds & flu)³⁰
- Fermented foods like yogurt, kimchi & sauerkraut
- Flaxseed (ground)³¹
- Garlic
- Ginger
- Green "Superfood" powders containing organic veggies, berries, wheatgrass &/or spirulina
- L-glutamine, n-acetyl-l-glucosamine, Quercetin
- Leeks
- Lion's mane³²
- Maitake mushroom
- Mushrooms (in meals)
- Omega-3, purified fish oil
- Orange Peel (chewed)
- Polyporus umbellatus³³
- Rhubarb
- Seeds
- Turmeric (with active curcumin)
- Vitamin C-ester (tablets w/citrus-based bioflavonoids)
- Vitamin D₃



on medication that interferes with blood clotting, are pregnant, or before a surgery. If you are allergic to yeast or mold, there is a higher likelihood that you may be allergic to cordyceps as well—proceed with caution.

³⁰ Leaf, stalk & root. Use echinacea only for acute treatments, not for long-term use. Do not use if you have an autoimmune disorder, multiple sclerosis, HIV, AIDS or tuberculosis. Avoid combining with immunosuppressant medications or treatments.

³¹ Don't eat flaxseed raw or unripe.

³² Lion's mane has been known to decrease libido in some males temporarily & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

³³ Medicinal mushrooms are not recommended for use if you are pregnant or breastfeeding.

- Willow bark

Sleep Support

- Cannabidiol (CBD)
- Chamomile Tea
- Glycine
- Kava Tea
- Magnezium
- Melatonin
- Valerian root³⁴

³⁴ Valerian should be taken as directed on the label to avoid poisoning.

Section 3: Remedies By Symptom

Acid Reflux, Abdominal pain & Indigestion

Increase:

- Mint
- Fennel tea
- Peppermint tea (after meals)³⁵
- Ginger
- Orange Peel (chewed)
- Yarrow tea (consistently sip slowly before meals)³⁶

Decrease:

- IBS/IBD trigger foods (if you suffer)

See also: “[Gastrointestinal Reflux Disease/GERD](#).”



³⁵ The menthol in **peppermint** can cause serious side effects in infants when applied to the face or head, or inhaled.

³⁶ Leaves & flowers. **Yarrow** stimulates the parasympathetic nervous system to reduce stress & aid digestion. Do not attempt to forage for yarrow yourself unless you can 100% confidently differentiate it from deadly hemlock look-alikes.

Acne & Skin Irritation

Increase:

- Water
- Cilantro
- Leafy greens

Decrease:

- Processed food
- Sugar
- Animal proteins

Treat with:

- Chamomile flower compress (for inflammation, swelling & healing)³⁷
- Aloe Vera (applied topically)³⁸
- Orange peel (chewed; for itching)
- Mallow cream (soak plant in water until lotiony)
- Mallow leaf compress (discourages abscesses from maturing)
- Pearly Everlasting poultice (for sores)³⁹

Constant break-outs: likely caused by inflammation. See “[Inflammation](#)” for recommendations.

Ovulatory Break-outs: likely caused by high estrogen. See “[Hormones: Estrogen Dominance](#)” for recommendations; also “[Elimination Systems Support](#)” in “[Section 2: System-By-System Supports](#).”

Luteal Break-outs: likely caused by low progesterone. Use Vitex capsules. See “[Hormones: Progesterone Insufficiency](#)” for recommendations; also “[Elimination Systems Support](#)” in “[Section 2: System-By-System Supports](#).”

Stress break-outs: likely caused by high cortisol & dysregulated blood sugar. See “[Blood-sugar Management](#)” in “[Section 2: System-By-System Supports](#)” for recommendations.

Break-outs after 35: likely caused by perimenopause.

See also: “[Skin Irritation & Eczema](#)” & “[Dry Skin](#).”

³⁷ Do not use **chamomile** if you take cyclosporine or warfarin. It’s possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs used to prevent organ transplant rejection).

³⁸ Do not use **aloe vera** if you are allergic to latex, or are pregnant or breastfeeding.

³⁹ Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

Anaphylaxis

View [first aid instructions](#) on Mayo Clinic.org.

See also: "Allergies."



Allergies

Increase antihistamines:

- Apple & Pineapple
- Ginger
- Thyme
- Onion
- Broccoli
- Spirulina
- Orange Peel (chewed or in tea)
- Quercetin
- Black seed oil
- Chaga & Reishi⁴⁰ mushroom
- Stinging Nettle
- Astragalus

Additional remedies:

- Burdock leaf tea wash (topical for hives & rash)⁴¹
- Mullein leaf (for hay fever)

See also: "Anaphylaxis."

For additional resources specific to Mast Cell Activation and chemical sensitivity, see alexandramalouf.com/mastcell

Anovulation (Missing ovulation or period)

Increase:

- Warm water
- Root veggies
- Beans
- Sea veggies

Decrease:

- Sugar
- Dairy

For additional resources specific to endometriosis & PCOS, see alexandramalouf.com/periodprobs

Anxiety & Stress

Increase:

- Probiotics
- Magnesium⁴²

Decrease:

-

Treat with:

- Holy Basil Tea (adaptogenic)
- Chamomile flower Tea⁴³
- Yarrow tea (consistently sip slowly before meals)⁴⁴
- Lion's Mane⁴⁵
- Cordyceps (adaptogenic)⁴⁶

⁴¹ Do not use **burdock** if you suffer from a bleeding disorder, take medication that reduces blood clotting or before a surgery. Burdock is also not recommended for those with low blood sugar.

⁴² Magnesium Stearate can be harmful to individuals struggling with Diabetes or Gastroparesis.

⁴³ Do not use **chamomile** if you take cyclosporine or warfarin. It's possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs use to prevent organ transplant rejection).

⁴⁴ Leaves & flowers. **Yarrow** stimulates the parasympathetic nervous system to reduce stress & aid digestion. Do not attempt to forage for yarrow yourself unless you can 100% confidently differentiate it from deadly hemlock look-alikes.

⁴⁵ **Lion's mane** has been known to temporarily decrease libido in some males & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

⁴⁶ **Cordyceps** should be avoided by people suffering from low blood sugar & should be used with caution (if at all) by people on medication that lowers blood sugar. Do not use cordyceps if you suffer from a blood disorder, are

⁴⁰ Don't use **reishi** if you have a blood disorder, are taking blood thinners or before surgery. Reishi is also not appropriate for those who are pregnant or breastfeeding or those who have high blood pressure.

- Lavender oil (diffused)
- Valerian root

See: “[Adrenal Support](#);” also “[Blood-Sugar Management](#)” in “Section 2: System-By-System Supports.”

Asthma & Respiratory Illness

Treatment:

- Orange Peel (chewed)
- Mullein leaf (demulcent & expectorant for respiratory infection, irritation & cough)
- Pearly Everlasting (ingested; expectorant for cough)⁴⁷
- Rabbitbrush decoction (from boiled roots) or Rabbitbrush leaf tea (for cough)⁴⁸
- Ephedra (decongestant)
- Sagebrush (inhale steam, chest compres or chew a few leaves to break up mucus & make coughing more productive)⁴⁹

Athletes foot or fungal infection

Treat with:

- Tea tree oil (applied topically)⁵⁰
- Mallow cream (soak plant in water until lotiony)

Bad Breath

Treat with:

- Orange peel (chewed)
- Rabbit Brush leaves (chewed)

on medication that interferes with blood clotting, are pregnant, or before a surgery. If you are allergic to yeast or mold, there is a higher likelihood that you may be allergic to cordyceps as well—proceed with caution.

⁴⁷ Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

⁴⁸ Do not use **rabbitbrush** if you’re allergic to latex.

⁴⁹ Some **sage** species can cause convulsions or seizures in animals when ingested orally & may also do so in humans. Do not use sage during pregnancy. Only ingest tea or leaves in small amounts.

⁵⁰ **Tea Tree Oil** is toxic when ingested orally.

Bloating

Increase:

- Water
- Electrolytes (found in coconut water)
- Fennel
- Leafy Greens
- Bone broth
- Cucumber, parsley & celery (diuretics)
- Kimchi, miso & Sauerkraut (microbiome balancers)

Decrease:

- Salt
- Processed foods



Breast Tenderness

Increase:

- Water
- Fennel

Decrease:

- Salt
- Processed foods

- Leafy Greens
- Caffeine⁵¹
- Bone broth

Bruises

Treat with:

- Pearly Everlasting poultice⁵²



Bug bites

Increase:

- Garlic
- Onions
- Vitamin B
- Peppermint
- Apple cider vinegar (drink)

Avoid:

- Scratching
- Scented body care products
- Dressing so warm that you sweat excessively
- Beer

Treat with:

- Tea tree oil (dilute in a carrier oil & apply topically)⁵³

⁵¹ Note: in the United States, packaging only requires the amount of *added caffeine* to be added to product ingredients, which doesn't include caffeine that's naturally occurring.

⁵² Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

⁵³ Tea Tree Oil is toxic when ingested orally.

- Aloe Vera (applied topically)⁵⁴
- Plantain poultice (for inflammation & pain)⁵⁵
- Ice (for swelling & itching)
- Willow bark (chewed or in tea for pain & inflammation)
- Natural antihistamines listed under "Allergies" (for itching)

Prevent with:

- Feverfew leaf (applied topically as an insecticide)⁵⁶
- Fleabane & Rabbitbrush⁵⁷ (bug repellent; just pick the live plant & carry with you)
- Sage oil (mix with a carrier & aloe vera for topical bug repellent)⁵⁸
- Mix witch hazel, jojoba, cedarwood, lemongrass, citronella, geranium, peppermint & tea tree oils (for topical bug repellent)
- Sliced lime & clove⁵⁹ (as a decorative repellent)

See: "Immune & Inflammation Support" in "Section 2: System-By-System Supports."

Burns

Treat with:

- Vitamin E Oil
- Aloe Vera (applied topically to speed healing)⁶⁰
- Pearly Everlasting poultice⁶¹

Avoid:

- Direct sun exposure to the burn

See also: "Immune & Inflammation Support" in "Section 2: System-By-System Supports."

⁵⁴ Do not use *aloe vera* if you are allergic to latex, or are pregnant or breastfeeding.

⁵⁵ Note that *plantain* cannot counteract the effects of venom or poison. Regard plantain as a treatment for symptoms, not cause.

⁵⁶ Avoid combining *Feverfew* with nonsteroidal anti-inflammatory or anti-coagulation medications or warfarin. Do not use while pregnant or before a surgery.

⁵⁷ Do not use *rabbitbrush* if you're allergic to latex.

⁵⁸ Some *sage* species can cause convulsions or seizures in animals when ingested orally & may also do so in humans. Do not use sage during pregnancy. Only ingest tea or leaves in small amounts.

⁵⁹ *Clove* is not recommended for ingestion, especially for people with hormonal disorders.

⁶⁰ Do not use *aloe vera* if you are allergic to latex, or are pregnant or breastfeeding.

⁶¹ Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

Chronic Pain

Increase:

- Water
- Magnesium
- Omega-3 fatty acids
- Home accessibility

Decrease:

- Sugar
- Processed foods

Treat with:

- Willow bark (chewed or in tea)
- Heat (heating packs; hot baths)
- Epsom Salts
- Ice (decreases inflammation)

See: “Inflammation,” “Swelling,” & “Nerve Pain & Nerve Injuries;” also “Immune & Inflammation Support” in “Section 2: System-By-System Supports.”

For additional resources specific to **fibromyalgia**, see alexandramalouf.com/fibromyalgia

Common Cold & Flu

Increase:

- Warm water
- Bone broth
- Garlic⁶²
- Rest
- Vitamin D & C

Decrease:

- Sugar
- Caffeine
- Processed foods
- Dairy
- Physical activity

Treat with:

- Orange Peel (chewed; reduces phlegm & fights infection)
- Black Elderberry Extract (for cold or flu)⁶³
- Echinacea tea⁶⁴ with raw honey & lemon
- Supplements & foods found in “**Immune & Inflammation Support**” in “Section 2: Systems Supports”

- Rabbitbrush decoction (from boiled roots) or Rabbitbrush leaf tea (for cough, fever & stomach upset)⁶⁵
- Pearly Everlasting (ingested; expectorant for cough)⁶⁶
- Ephedra (decongestant)
- Mullein leaf (demulcent & expectorant for respiratory infection, irritation & cough)
- Sagebrush (inhale steam, chest compres or chew *a few* leaves to break up mucus & make coughing more productive)⁶⁷



Constipation

Increase:

- Water
- Fruit / whole foods
- Sweet potato
- Leafy greens
- Cucumber, parsley, celery & dandelion root (diuretics)
- Chicory root (diuretic; dried or in tea)
- Kimchi, miso & Sauerkraut (microbiome balancers)
- Turkey Tail mushroom (prebiotic)

Decrease:

- Processed foods

⁶² Cloves & root. Avoid combining **garlic** in large amounts with blood thinning medications or before surgery.

⁶³ Raw or unripe **elderberry** is toxic, as are the leaves & stems.

⁶⁴ Leaf, stalk & root. Use **echinacea** only for acute treatments, not for long-term use. Do not use if you have an autoimmune disorder, multiple sclerosis, HIV, AIDS or tuberculosis. Avoid combining with immunosuppressant medications or treatments.

⁶⁵ Do not use **rabbitbrush** if you’re allergic to latex.

⁶⁶ Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

⁶⁷ Some **sage** species can cause convulsions or seizures in animals when ingested orally & may also do so in humans. Do not use sage during pregnancy. Only ingest tea or leaves in small amounts.

- Yarrow tea (consistently sip slowly before meals)⁶⁸
- Rabbitbrush leaf tea⁶⁹

See also: “[Gastroparesis](#).”

Cravings: Sweet

Increase:

- Sweet potatoes
- Carrot
- Vitamin A

Cuts

Treat with:

- Tea Tree Oil (applied topically as an antiseptic/antimicrobial)



Dandruff

Increase:

- Mallow cream (soak plant in water until lotiony)

See also: “[Skin Irritation & Eczema](#)” & “[Dry Skin](#).”

⁶⁸ Leaves & flowers. **yarrow** stimulates the parasympathetic nervous system to reduce stress & aid digestion. Do not attempt to forage for yarrow yourself unless you can 100% confidently differentiate it from deadly hemlock look-alikes.

⁶⁹ Do not use **rabbitbrush** if you’re allergic to latex.

Depression & Mood Swings

Increase:

- Sweet Veggies
- Whole grains
- Green drinks
- Water
- Healthy protein

Decrease:

- Sugar
- Caffeine

Treat With:

- Lion’s Mane⁷⁰
- Reishi mushroom⁷¹
- Mallow tea
- St. John’s Wort⁷²

Diarrhea & Stomach Upset

Increase:

- Water
- Electrolytes
- Bananas
- Brown Rice
- Coconut Oil
- Garlic⁷³
- Ginger

Decrease:

- Sugar
- White foods
- Caffeine

Treat with:

- Chaga mushroom (in tea)
- Turkey Tail mushroom (prebiotic)
- Yarrow tea (consistently sip slowly before meals)

⁷⁰ **Lion’s mane** has been known to temporarily decrease libido in some males & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

⁷¹ Don’t use **reishi** if you have a blood disorder, are taking blood thinners or before surgery. Reishi is also not appropriate for those who are pregnant or breastfeeding or those who have high blood pressure.

⁷² Flower, leaf. Avoid use of **St. John’s Wort** if you suffer from photosensitivity, migraines, sensitive skin, HIV, have a transplant, or are taking medication for cancer. Consult your doctor before use; it is known to cause fatality when combined with many common medicines (including warfarin & SSRI).

⁷³ Cloves & root. Avoid combining **garlic** in large amounts with blood thinning medications or before surgery.

- Rabbitbrush leaf tea⁷⁴
- Pearly Everlasting (ingested)⁷⁵

Dry Skin

Treat with:

- Mallow cream (soak plant in water until lotiony)
- Orange Peel
- Rabbitbrush leaf tea (apply as a lotion)⁷⁶

Decrease:

- Excess water exposure

- Ashwagandha
- Vitamin B12 & B5
- Bone broth
- CoQ10
- Sweet Potato
- Apple
- Healthy fats (such as olive oil or avocado)
- Home accessibility

- Late bedtimes

Ear Pain

Treat with:

- Mullein garlic oil ear drops

Treat with:

- Lion's Mane⁷⁸
- Cordyceps⁷⁹
- Reishi mushroom⁸⁰

Eczema

See: "Skin Irritation & Eczema," "Allergies," & "Acne & Skin Irritations." The remedies included in these entries are suitable for treating eczema.

Edema

Treat with:

- Polyporus umbellatus⁷⁷

Decrease:

- Excess water exposure



Fatigue

Increase:

- Water
- Sea Veggies
- Healthy protein

Decrease:

- Sugar
- Caffeine

Fever

Increase:

- Cold water

Decrease:

- Sugar

⁷⁴ Do not use **rabbitbrush** if you're allergic to latex.

⁷⁵ Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

⁷⁶ Do not use **rabbitbrush** if you're allergic to latex.

⁷⁷ **Medicinal mushrooms** are not recommended for use if you are pregnant or breastfeeding.

⁷⁸ **Lion's mane** has been known to temporarily decrease libido in some males & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

⁷⁹ **Cordyceps** should be avoided by people suffering from low blood sugar & should be used with caution (if at all) by people on medication that lowers blood sugar. Do not use cordyceps if you suffer from a blood disorder, are on medication that interferes with blood clotting, are pregnant, or before a surgery. If you are allergic to yeast or mold, there is a higher likelihood that you may be allergic to cordyceps as well—proceed with caution.

⁸⁰ Don't use **reishi** if you have a blood disorder, are taking blood thinners or before surgery. Reishi is also not appropriate for those who are pregnant or breastfeeding or those who have high blood pressure.

- Electrolytes
- Caffeine
- Bone broth
- Alcohol
- Rest
- Physical activity

Treat with:

- Feverfew leaf (applied topically as an insecticide)⁸¹
- Willow bark (chewed or in tea; for inflammation pain relief)
- Sagebrush leaf tea (to induce sweating out viral infections; steep with a lid to keep volatile oils)⁸²
- Rabbitbrush decoction (from boiled roots) or Rabbitbrush leaf tea⁸³
- Kudzu root⁸⁴
- Moringa⁸⁵
- Polyporus umbellatus (supports immune function, fights inflammation & opens sweat pores)⁸⁶

See also: “[Immune & Inflammation Support](#)” in “[Section 2: System-By-System Supports](#).”

Gas Pain

Increase: Decrease:

- Peppermint tea (after meals)⁸⁷
- Ginger
- IBS/IBD trigger foods (if you suffer)

See also: “[Acid Reflux, Abdominal pain & Indigestion](#)” & “[Gastrointestinal Reflux Disease/GERD](#).”

⁸¹ Avoid combining **feverfew** with nonsteroidal anti-inflammatory or anti-coagulation medications or warfarin. Do not use while pregnant or before a surgery.

⁸² Some **sage** species can cause convulsions or seizures in animals when ingested orally & may also do so in humans. Do not use sage during pregnancy. Only ingest tea or leaves in small amounts.

⁸³ Do not use **rabbitbrush** if you’re allergic to latex.

⁸⁴ Do not use **kudzu** if you have a history of hormonal cancer or hypoglycemia. The same can be said if you take tamoxifen, methotrexate (Rasuvo). Talk to your doctor first if you medications that lower blood sugar.

⁸⁵ Do not use **moringa** if you take medications that are substrates of cytochrome P450. These include (among others) fexofenadine (Allegra), lovastatin (Altoprev), & ketoconazole (Nizoral).

⁸⁶ **Medicinal mushrooms** are not recommended for use if you are pregnant or breastfeeding.

⁸⁷ The menthol in **peppermint** can cause serious side effects in infants when applied to the face or head, or inhaled.

Gastrointestinal Reflux Disease/GERD

Increase:

- Peppermint tea (after meals)⁸⁸
- Ginger
- Fennel Tea (after meals)

Decrease:

- Meals close to bed time, especially carb heavy meals
- Eating very quickly

Treat with:

- Wedge pillow at the head of the bed

See also: “[Acid Reflux, Abdominal pain & Indigestion](#)”



Gastroparesis

Increase:

- Probiotics
- Liquids
- Processed foods
- Dairy /lean meat
- Kimchi, miso & Sauerkraut (microbiome balancers)
- [Blood-sugar management](#)
-

Decrease:

- Fiber
- Whole raw foods
- Magnesium Stearate⁸⁹

⁸⁸ The menthol in **peppermint** can cause serious side effects in infants when applied to the face or head, or inhaled.

⁸⁹ **Magnesium Stearate** can be harmful to individuals struggling with Diabetes or Gastroparesis.

Treat with:

- Bifidobacterium Lactus (probiotic)
- Dandelion root (diuretic)
- Chicory root (diuretic)
- Prune juice (without pulp)
- Turkey Tail mushroom (prebiotic)

See also: “[Acid Reflux, Abdominal pain & Indigestion](#).”

Hair: Hirsutism

Increase:

- Magnesium⁹⁰
- Zinc
- Nettle tea
- Omega-3 fatty acids
- Phytosterols (found in brussels sprouts, olive oil, miso & wheat germ)
- Olive Oil
- Palmetto fruit (supplement)
- Vitamin D₃
- Evening Primrose Oil (supplement)⁹¹

Decrease:

- Prolonged sun exposure
- Sulfates

Treat with:

- Mallow cream (soak plant in water until lotiony)
- Rosemary, thyme, lavender & cedarwood oils (mixed with a carrier oil & applied to the scalp)

Hangover

Increase:

- Electrolytes

Treat with:

- Orange peel tea (steeped for 10 mins)

⁹⁰ Magnesium Stearate can be harmful to individuals struggling with Diabetes or Gastroparesis.

⁹¹ Avoid using **Evening Primrose oil** if you suffer from a Bipolar disorder or take medication for HIV. May interact with blood-clotting medications; avoid use before a surgery.

Headache

Increase:

- Water
- Orange peel tea (steeped for 10 mins)

Decrease:

- Sugar
- Caffeine

Treat with:

- Peppermint Oil (applied topically)⁹²
- Willow bark (chewed or in tea; for pain relief)
- Rabbitbrush leaf tea⁹³



Heartburn

See: “[Acid Reflux, Abdominal Pain & Indigestion](#)” & “[Gastrointestinal Reflux Disease/GERD](#).”

⁹² The menthol in **peppermint** can cause serious side effects in infants when applied to the face or head, or inhaled.

⁹³ Do not use **rabbitbrush** if you’re allergic to latex.

Hormones: Estrogen Dominance⁹⁴

Increase:

- Warm water with lemon
- Cruciferous veggies
- Soluble Fiber (oat bran, barley, nuts, seeds, legumes)
- Legumes (lentils, black beans, peas & especially Garbanzo beans)
- Non-starchy vegetables (broccoli, carrots, avocado, apples, spinach, cilantro & other leafy greens, artichokes)
- Low glycemic-index fruits (especially Pears)
- Foods containing selenium (oats, Brazil nuts, poultry, eggs & cilantro)
- Sunflower & pumpkin seeds
- Lemon & Orange
- Caraway & Dill Seed (ground)
- Protein

Decrease:

- Soy⁹⁵
- Sugar
- Caffeine (including green tea)⁹⁶
- Stress
- Grapefruit
- Eating quickly
- Antiperspirant
- Scented hygiene products
- Hygiene or body products containing: Phthalates (DBP, DEHP), Sulfates, Parabens (including methyl, propyl, butyl & ethyl), Anolamines (DEA, TEA, MEA), or Petrolatum.
- Undiluted essential oils (some can disrupt hormones)
- Colonic treatments

Treat with:⁹⁷

- Supplements listed in “[Elimination System Supports](#)” in “Section 2: System-By-System Supports.”
- Exfoliation (aids skin in expelling toxins)
- Shower alternating hot & cold (aids skin in expelling toxins)
- Physical movement, gentle
- Regular sleep & meal times
- Regular orgasm (flushes cortisol from the body)

- Acupuncture (flushes cortisol from the body)

See: “[Menstrual Cycle Support](#)” & “[Hormones: Progesterone Insufficiency](#);” Additionally, “[Elimination Systems Support](#)” in “Section 2: System-By-System Supports.”

For additional resources specific to [endometriosis & PCOS](#), see alexandramalouf.com/periodprobs



Hives

See: “[Acne & Skin Irritations](#)” & “[Allergies](#).” The remedies included in these entries are suitable for treating hives.

Hormones: Progesterone Insufficiency⁹⁸

Increase:

- Supplements listed in “[Elimination System Supports](#)” in “Section 2: System-By-System Supports.”
- Exfoliation (aids skin in expelling toxins)
- Shower alternating hot & cold (aids skin in expelling toxins)
- Physical movement, gentle
- Regular sleep & meal times
- Regular orgasm (flushes cortisol from the body)

Decrease:

- Warm water with lemon
- Sugar
- Caffeine (including green tea)¹⁰⁰
- Stress
- Grapefruit

⁹⁴ Apply to your entire cycle, not just during menstruation.

⁹⁵ Soy has been shown helpful for post-menopausal women experiencing hot flashes, but processed soy is not recommended for menstruating women, especially those with hormonal disorders or a family history of hormonal cancers.

⁹⁶ Note: in the United States, packaging only requires the amount of *added* caffeine to be added to product ingredients, which doesn't include caffeine that's naturally occurring.

⁹⁷ The treatments in this section are not effective alone. They must be combined with the food regimen listed to be effective.

⁹⁸ Apply to your entire cycle, not just during menstruation.

⁹⁹ Soy has been shown helpful for post-menopausal women experiencing hot flashes, but processed soy is not recommended for menstruating women, especially those with hormonal disorders or a family history of hormonal cancers.

¹⁰⁰ Note: in the United States, packaging only requires the amount of *added* caffeine to be added to product ingredients, which doesn't include caffeine that's naturally occurring.

- especially Garbanzo beans)
- Non-starchy vegetables (broccoli, carrots, avocado, apples, spinach, cilantro & other leafy greens, artichokes)
- Low glycemic-index fruits (especially Pears)
- Foods containing selenium (oats, Brazil nuts, poultry, eggs & cilantro)
- Sunflower & pumpkin seeds
- Lemon & Orange
- Caraway & Dill Seed (ground)
- Protein
- Eating quickly
- Antiperspirant
- Scented hygiene products
- Hygiene or body products containing:
 - Phthalates (DBP, DEHP), Sulfates, Parabens (including methyl, propyl, butyl & ethyl), Anolamines (DEA, TEA, MEA), or Petrolatum.
- Undiluted essential oils (some can disrupt hormones)
- Colonic treatments

Treat with:¹⁰¹

- Supplements listed in “[Elimination Systems Support](#)” in “Section 2: System-By-System Supports.”
- Exfoliation (aids skin in expelling toxins)
- Shower alternating hot & cold (aids skin in expelling toxins)
- Physical movement, gentle
- Regular sleep & meal times
- Regular orgasm (flushes cortisol from the body)
- Acupuncture (flushes cortisol from the body)

See: “[Menstrual Cycle Support](#)” & “[Hormones: Estrogen Dominance](#);” Additionally, “[Elimination Systems Support](#)” in “Section 2: System-By-System Supports.”

For additional resources specific to [endometriosis & PCOS](#), see alexandramalouf.com/periodprobs

Hot Flashes & Heat Intolerance

Increase:

- Water

Decrease:

- Carbs & grains (especially at dinner)

¹⁰¹ The treatments in this section are not effective alone. They must be combined with the food regimen listed to be effective.

- Electrolytes
- Salt
- Flaxseed (ground)¹⁰²
- Soy (for *post-menopausal* hot flashes)¹⁰³

Treat with:

- EMBR Wave

For additional resources specific to [POTS](#), see alexandramalouf.com/pots



Indigestion

See: “[Acid Reflux, Abdominal Pain & Indigestion](#).”

Infection

Increase:

- Water
- Bone broth

Decrease:

- Sugar
- Dairy

¹⁰² Don't eat flaxseed raw or unripe.

¹⁰³ Soy has been shown helpful for post-menopausal women experiencing hot flashes, but processed soy is not recommended for menstruating women, especially those with hormonal disorders or a family history of hormonal cancers.

- Garlic¹⁰⁴
- Rest
- Processed foods
- Physical activity

Treat with:

- Orange Peel (chewed)
- Supplements found under “[Immune & Inflammation Support](#)” in “Section 2: System-By-System Supports.”

For Skin Infections:

- Tea Tree Oil (applied topically as an antiseptic/antimicrobial)¹⁰⁵
- Helichrysum Oil (applied topically as an antimicrobial preventative)
- Chamomile Oil or compress (applied topically to clean, promote healing & reduce inflammation)¹⁰⁶
- Sage leaf tea (use as a topical disinfectant; steep with a lid to keep volatile oils)¹⁰⁷

Inflammation

Increase:

- Water
- Turmeric
- Pomegranate (reduces prostaglandins)
- Omega-3 fatty acids (reduces prostaglandins)
- Cruciferous veggies
- Flaxseed (ground)¹⁰⁸
- Garlic¹⁰⁹
- Bone broth

Decrease:

- Sugar
- Dairy
- Processed foods

Treat with:

- Chaga mushroom (in tea)

¹⁰⁴ Cloves & root. Avoid combining **garlic** in large amounts with blood thinning medications or before surgery.

¹⁰⁵ **Tea Tree Oil** is toxic when ingested orally.

¹⁰⁶ Do not use **chamomile** if you take cyclosporine or warfarin. It's possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs use to prevent organ transplant rejection).

¹⁰⁷ Some **sage** species can cause convulsions or seizures in animals when ingested orally & may also do so in humans. Do not use sage during pregnancy. Only ingest tea or leaves in small amounts.

¹⁰⁸ Don't eat **flaxseed** raw or unripe.

¹⁰⁹ Cloves & root. Avoid combining **garlic** in large amounts with blood thinning medications or before surgery.

See also: “[Immune & Inflammation Support](#)” in “Section 2: System-By-System Supports.”

Insomnia

Increase:

- Chamomile flower tea¹¹⁰

Decrease:

- Carbs before bed
- Caffeine
- Stress
- Working up to bedtime (give yourself a wind down hour or two)

Treat with:

- EMBR Wave
- Calm bedtime routine
- Lavender oil (diffused or diluted)¹¹¹
- Warm shower or bath
- Valerian root
- Pearly Everlasting (sedative)¹¹²

Irritability

Increase:

- Water
- Whole grains
- Chocolate

Decrease:

- Dairy
- Animal proteins
- Caffeine

Low Libido

Increase:

- Sea Veggies
- Beans
- Root Veggies

Decrease:

- Alcohol
- Stress

¹¹⁰ Do not use **chamomile** if you take cyclosporine or warfarin. It's possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs use to prevent organ transplant rejection).

¹¹¹ Undiluted **lavender oil** disrupts hormones.

¹¹² Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

- Water
- Spicy foods
- Chocolate

Treat with:

- Burdock root tea (aphrodisiac)ⁱⁱ³
- Ginseng root (aphrodisiac)ⁱⁱ⁴

Menstrual Bleeding: Clotting

Increase:

- Natto
- Pineapple
- Grapefruit

Decrease:

- Soyⁱⁱ⁵

Treat with:

- Acupuncture (to tonify the uterus)

See: “Hormones: Progesterone Insufficiency” & “Hormones: Estrogen Dominance;” Additionally, “[Elimination Systems Support](#)” in “Section 2: System-By-System Supports.”

For additional resources specific to **endometriosis & PCOS**, see alexandramalouf.com/periodprobs

See: “[Menstrual Cycle Support](#),” “[Hormones: Estrogen Dominance](#)” & “[Hormones: Progesterone Insufficiency](#);” Additionally, “[Elimination Systems Support](#)” in “Section 2: System-By-System Supports.”

For additional resources specific to **endometriosis & PCOS**, see alexandramalouf.com/periodprobs



Menstrual Bleeding: Heavy (Menorrhagia)

Increase:

- Water with lemon
- Leafy greens
- Beets

Decrease:

- Spicy food
- Animal proteins

Treat with:

- Acupuncture (to tonify the uterus)

ⁱⁱ³ Do not use **burdock** if you suffer from a bleeding disorder, take medication that reduces blood clotting or before surgery. Burdock is also not recommended for those with low blood sugar.

ⁱⁱ⁴ Avoid combining **ginseng** with warfarin, heparin, nonsteroidal anti-inflammatory medicines, estrogens, corticosteroids, or digoxin. Also avoid use if you suffer from diabetes, tachycardia, high blood pressure, or estrogen dominance.

ⁱⁱ⁵ Soy has been shown helpful for post-menopausal women experiencing hot flashes, but processed soy is not recommended for menstruating women, especially those with hormonal disorders or a family history of hormonal cancers.

Menstrual Bleeding: Light or Stagnant

Increase:

- *Warm* water
- Root veggies
- Beans
- Sea veggies
- Healthy oils

Decrease:

- Processed food
- Sugar
- Animal proteins

Treat with:

- Acupuncture (to tonify the uterus)
- Rabbitbrush decoction (from boiled roots; eases pain)ⁱⁱ⁶

See: “[Menstrual Cycle Support](#),” “[Hormones: Estrogen Dominance](#)” & “[Hormones: Progesterone Insufficiency](#);” Additionally, “[Elimination Systems Support](#)” in “Section 2: System-By-System Supports.”

For additional resources specific to **endometriosis & PCOS**, see alexandramalouf.com/periodprobs

ⁱⁱ⁶ Do not use **rabbitbrush** if you’re allergic to latex.

Menstrual Cramps: Mid-cycle (Mittelschmerz)

Increase:

- Water
- Omega-3 fatty acids (reduces prostaglandins)
- Magnesium¹¹⁷
- Evening primrose oil¹¹⁸

Decrease:

- Protein
- Caffeine¹¹⁹
- Dairy
- Alcohol
- Stress

See: “Hormones: Progesterone Insufficiency” & “Hormones: Estrogen Dominance;” also, “Elimination Systems Support” in “Section 2: System-By-System Supports.”

For additional resources specific to **endometriosis & PCOS**, see alexandramalouf.com/periodprobs



Menstrual Pain: Severe (Dysmenorrhea)

Increase:

- Water
- Omega-3 fatty acids (reduces prostaglandins)
- Salmon & Crab

Decrease:

- Protein
- Caffeine¹²⁰
- Dairy
- Alcohol

¹¹⁷ Magnesium Stearate can be harmful to individuals struggling with Diabetes or Gastroparesis.

¹¹⁸ Avoid using **Evening Primrose oil** if you suffer from a Bipolar disorder or take medication for HIV. May interact with blood-clotting medications; avoid use before a surgery.

¹¹⁹ Note: in the United States, packaging only requires the amount of **added caffeine** to be added to product ingredients, which doesn’t include caffeine that’s naturally occurring.

¹²⁰ Note: in the United States, packaging only requires the amount of **added caffeine** to be added to product ingredients, which doesn’t include caffeine that’s naturally occurring.

- Magnesium¹²⁰
- Evening primrose oil¹²¹
- Pomegranate
- Stress
- Intense muscular massage

Treat with:

- Willow bark (chewed or in tea; for pain relief)
- Frankincense oil (diluted in a carrier oil for topical application)
- Clary sage oil (diluted in a carrier oil for topical application)¹²³
- Maya abdominal massage or gentle deep-tissue massage

See: “Menstrual Cycle Support,” “Hormones: Estrogen Dominance” & “Hormones: Progesterone Insufficiency;” Additionally, “**Elimination Systems Support**” in “Section 2: System-By-System Supports.”

For additional resources specific to **endometriosis & PCOS**, see alexandramalouf.com/periodprobs

Migraine

Increase:

- Water
- Magnesium¹²²
- Evening primrose oil¹²²
- Orange peel tea (steeped for 10 mins)
- Stress
- Trigger foods¹²⁶
- Light & noise
- Irregular sleep times
- Alcohol & Caffeine
- Heavily scented or chemical products

Decrease:

Treat with:

- Feverfew leaf (for prevention)¹²⁷

¹²⁰ Magnesium Stearate can be harmful to individuals struggling with Diabetes or Gastroparesis.

¹²¹ Avoid using **Evening Primrose oil** if you suffer from a Bipolar disorder or take medication for HIV. May interact with blood-clotting medications; avoid use before a surgery.

¹²² Some **sage** species can cause convulsions or seizures in animals when ingested orally & may also do so in humans. Do not use sage during pregnancy. Only ingest tea or leaves in small amounts.

¹²⁴ Magnesium Stearate can be harmful to individuals struggling with Diabetes or Gastroparesis.

¹²⁵ Avoid using **Evening Primrose oil** if you suffer from a Bipolar disorder or take medication for HIV. May interact with blood-clotting medications; avoid use before a surgery.

¹²⁶ Read about common migraine trigger foods at americanmigrainefoundation.org/resource-library/diet

¹²⁷ Avoid combining **feverfew** with nonsteroidal anti-inflammatory or anti-coagulation medications or warfarin. Do not use while pregnant or before a surgery.

- WeatherX Earplugs (for filtering atmospheric pressure)
- Irlen Spectral Filters
- Willow bark (for pain relief & inflammation)
- Lavender Oil (diffused or diluted for topical application)¹²⁸
- Hyland's Migraine (only use as instructed)¹²⁹
- Additional resources found at alexandramalouf.com/migraine

For brain swelling related migraines, see “[Migraine: Intracranial hypotension](#).”

Migraine: Hemiplegic



Increase:

- Magnesium¹³⁰

Treat with:

- Heat (heating packs; hot baths or showers)
- Epsom Salts
- The additional tips found under “[Migraine](#)”

Motion Sickness

Increase:

- Peppermint¹³¹

Treat with:

- EMBR Wave

See also: “[Nausea & Vomiting](#).”

Decrease:

- Water
- Eating quickly

Migraine: Intracranial Hypertension

Increase:

- Diuretics
- Elevation of the head of the bed

Decrease:

- Gravitational movements of the head (such as tilting upside-down)
- Salt (encourages fluid retention)
- Food triggers¹³²

Treat with:

- Corn Silk (diuretic)¹³³
- Dandelion root tea (diuretic)¹³⁴
- Heat (heating packs; hot baths or showers)
- Polyporus umbellatus¹³⁵
- Additional resources found at alexandramalouf.com/migraine

Nausea & Vomiting

Increase:

- Water & Electrolytes

¹²⁸ Undiluted lavender oil disrupts hormones.

¹²⁹ Do not use **Hyland's Migraine** in combination with Acetaminophen or Benadryl. Do not use if you suffer from heart disease. Only use as instructed.

¹³⁰ Magnesium Stearate can be harmful to individuals struggling with Diabetes or Gastroparesis.

¹³¹ The menthol in **peppermint** can cause serious side effects in infants when applied to the face or head, or inhaled.

¹³² Read about common migraine trigger foods at americanmigrainefoundation.org/resource-library/diet

¹³³ **Corn silk** is not a substitute for medical treatment in the case of severe intracranial hypertension, but can be added to a regimen to help alleviate symptoms that aren't alleviated by regular treatment.

¹³⁴ **Dandelion root** is not a substitute for medical treatment in the case of severe intracranial hypertension, but can be added to a regimen to help alleviate symptoms that aren't alleviated by regular treatment.

¹³⁵ **Medicinal mushrooms** are not recommended for use if you are pregnant or breastfeeding.

- Ginger & Ginger Tea
- Peppermint¹³⁶

Treat with:

- EMBR Wave

See also: “[Motion Sickness](#).”



Nerve Pain & Nerve Injuries

Increase:

- Magnesium¹³⁷
- Evening primrose oil¹³⁸
- [Home accessibility](#)

Treat with:

- Epsom salt bath
- TENS unit

¹³⁶ The menthol in **peppermint** can cause serious side effects in infants when applied to the face or head, or inhaled.

¹³⁷ **Magnesium Stearate** can be harmful to individuals struggling with Diabetes or Gastroparesis.

¹³⁸ Avoid using **Evening Primrose oil** if you suffer from a Bipolar disorder or take medication for HIV. May interact with blood-clotting medications; avoid use before a surgery.

- Lion’s Mane¹³⁹

Rash

See: “[Allergies](#),” “[Skin Irritation & Eczema](#),” & “[Acne & Skin Irritations](#).” The remedies included in these entries are suitable for treating skin rashes.

Poison: ingested

- Pearly Everlasting (roots steamed & inhaled to induce vomiting)¹⁴⁰

Please [seek medical care immediately](#).

Respiratory Infection

See: “[Common Cold & Flu](#),” & “[Infection](#).” The remedies found there are also helpful for other kinds of respiratory infections or problems.

Skin Irritation & Eczema

Increase:

- Water
- Cilantro
- Leafy greens
- Vitamin D₃
- Phytosterols (found in brussels sprouts, olive oil, miso & wheat germ)

Decrease:

- Processed food
- Sugar
- Sulfates
- Scented products
- Harsh chemical
- Animal handling

Avoid:

Treat with:

- Evening Primrose Oil¹⁴¹

¹³⁹ **Lion’s mane** has been known to temporarily decrease libido in some males & may not work for everyone. Not recommended if you are pregnant or breastfeeding.

¹⁴⁰ **Pearly Everlasting** is a potent laxative & emetic, but is not a substitute for medical treatment. You should still go to the hospital for lifesaving treatment.

¹⁴¹ Avoid using **Evening Primrose oil** if you suffer from a Bipolar disorder or take medication for HIV. May interact with blood-clotting medications; avoid use before a surgery.

- Tea Tree & Peppermint Oil (for itching & inflammation)¹⁴²
- Lavender Oil (increases collagen)
- Apple cider vinegar (for PH balance)
- Natural antihistamines listed under “[Allergies](#)”
- Salt (to remove plagues)
- Aloe Vera (applied topically)¹⁴³
- Rosemary, thyme, lavender & cedarwood oils (mixed with a carrier oil & applied topically)
- Burdock leaf tea wash (for eczema & hives)¹⁴⁴
- Mallow cream (soak plant in water until lotiony; for dry skin & dandruff)
- Pearly Everlasting poultice (for sores)¹⁴⁵

See also: “[Inflammation](#);” also “[Immune & Inflammation Support](#)” in “[Section 2: System-By-System Supports](#).”

Scar Healing

Treat with:

- Vitamin E oil (applied topically to encourage cell growth)
- Lavender oil (diluted in a carrier oil & applied topically to encourage cell growth)
- Chamomile Oil or compress (applied topically to promote healing, clean & reduce inflammation)¹⁴⁶

Decrease:

- Prolonged/direct sun exposure to the scar
- Prolonged submersion in water

See: “[Infection](#)” for prevention & treatment of infections.

Sore throat

Increase:

- Warm water

Decrease:

-

¹⁴² The menthol in [peppermint](#) can cause serious side effects in infants when applied to the face or head, or inhaled.

¹⁴³ Do not use [aloe vera](#) if you are allergic to latex, or are pregnant or breastfeeding.

¹⁴⁴ Do not use [burdock](#) if you suffer from a bleeding disorder, take medication that reduces blood clotting or before a surgery. Burdock is also not recommended for those with low blood sugar.

¹⁴⁵ Whole plant. [Pearly Everlasting](#) acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

¹⁴⁶ Do not use [chamomile](#) if you take cyclosporine or warfarin. It's possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs use to prevent organ transplant rejection).

Treat with:

- Echinacea tea¹⁴⁷ with honey & lemon
- Supplements & foods found in “[Immune & Inflammation Support](#)” in “[Section 2: Systems Support](#)”
- Mallow tea (gargle)



Sores

Treat with:

- Pearly Everlasting poultice (for sores)¹⁴⁸
- [Adaptive fashion hacks](#)

Surgery & Wound Recovery

Increase:

- Water
- Protein
- Cilantro & other leafy greens
- Bone broth
- Magnesium¹⁴⁹
- Sugar
- Caffeine
- Processed foods
- Salt
- Prolonged/direct sun exposure to the scar

Decrease:

¹⁴⁷ Leaf, stalk & root. Use [echinacea](#) only for acute treatments, not for long-term use. Do not use if you have an autoimmune disorder, multiple sclerosis, HIV, AIDS or tuberculosis.

¹⁴⁸ Whole plant. [Pearly Everlasting](#) acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

¹⁴⁹ [Magnesium Stearate](#) can be harmful to individuals struggling with [Diabetes](#) or [Gastroparesis](#).

- Vitamin C
- Holy Basil Tea (Adaptogenic)
- [Adaptive fashion hacks](#)
- [Home accessibility](#)
- Prolonged submersion in water

Treat using:

- Ice (for inflammation & pain)
- Supplements found under “[Immune & Inflammation Support](#)” in “Section 2: System-By-System Supports.”
- Lavender oil diluted in Vitamin E oil (applied topically to a closed wound to encourage cell growth)
- Tea Tree Oil (applied topically as an antiseptic/antimicrobial)¹⁵⁰
- Chamomile Oil or compress (applied topically to a closed wound to promote healing, clean & reduce inflammation & swelling)¹⁵¹
- Pearly Everlasting (astringent, pain killer & antiseptic)¹⁵²
- Rabbitbrush decoction (from boiled roots; for old internal wounds)¹⁵³

Safety Note: Check for potential interactions between post-surgical drugs & the plant medicine remedies found here.

See: “[Inflammation](#),” “[Infection](#)” & “[Swelling](#);” also “[Immune & Inflammation Support](#)” in “Section 2: System-By-System Supports.”



Swelling

Increase:

- Water

Decrease:

- Physical Activity

Treat with:

- Ice (decreases inflammation)
- Chamomile flower compress (for inflammation & swelling)¹⁵⁴
- Pearly Everlasting poultice¹⁵⁵

See also: “[Inflammation](#);” also “[Immune & Inflammation Support](#)” in “Section 2: System-By-System Supports.”

Tinnitus

Treat with:

- Mullein garlic oil ear drops

Decrease:

- Stress
- Irregular sleep times
- Alcohol, smoking & caffeine

¹⁵⁰ Tea Tree Oil is toxic when ingested orally.

¹⁵¹ Do not use **chamomile** if you take cyclosporine or warfarin. It’s possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs use to prevent organ transplant rejection).

¹⁵² Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

¹⁵³ Do not use **rabbitbrush** if you’re allergic to latex.

¹⁵⁴ Do not use **chamomile** if you take cyclosporine or warfarin. It’s possible that chamomile also interacts harmfully with similar drugs (blood thinners & drugs use to prevent organ transplant rejection).

¹⁵⁵ Whole plant. **Pearly Everlasting** acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

- Ginkgo leaf¹⁵⁶

Tumors

Treat with:

- Chaga mushroom (in tea)
- Frankincense Oil (topically applied)
- Cordyceps¹⁵⁷
- Polyporus umbellatus¹⁵⁸
- Lady's Bedstraw (boiled)¹⁵⁹

Decrease:

- Stress
- Hormone disruptors



Ulcers

Increase:

- Pearly Everlasting poultice¹⁶⁰

Urinary Tract Infection

Increase:

- Water
- Cranberry tea
- Greens
- Beans
- Sea Veggies
- Rest

Decrease:

- Animal Protein
- Physical Activity

See: “Inflammation” & “Infection;” also “Immune & Inflammation Support” in “Section 2: System-By-System Supports.”

Vertigo

Increase:

- Peppermint¹⁶¹

Decrease:

- Water

¹⁵⁶ Do not consume ginkgo raw. Avoid combining ginkgo with nonsteroidal anti-inflammatory, anticoagulant, anticonvulsant medicines or tricyclic antidepressants. Avoid long-term use. Avoid use if you suffer from liver ailments, are pregnant or before surgery.

¹⁵⁷ Cordyceps should be avoided by people suffering from low blood sugar & should be used with caution (if at all) by people on medication that lowers blood sugar. Do not use cordyceps if you suffer from a blood disorder, are on medication that interferes with blood clotting, are pregnant, or before a surgery. If you are allergic to yeast or mold, there is a higher likelihood that you may be allergic to cordyceps as well—proceed with caution.

¹⁵⁸ Medicinal mushrooms are not recommended for use if you are pregnant or breastfeeding.

¹⁵⁹ Because lady's bedstraw contains prostaglandins, it is not recommended for people who experience painful periods, endometriosis, PCOS, fibroids or vaginal pain.

¹⁶⁰ Whole plant. Pearly Everlasting acts as an astringent & may not work with every medication or condition. The roots, when steamed & inhaled, function as a laxative & emetic which may induce vomiting; avoid preparing the roots if this is not your intention.

¹⁶¹ The menthol in peppermint can cause serious side effects in infants when applied to the face or head, or inhaled.

- Burdock leaf tea¹⁶²
- Eating quickly

Treat with:

- EMBR Wave

See also: “[Motion Sickness](#).”

Vitamin Deficiencies

Increase:

- Fruit & vegetable peels (often contain the most nutrients)¹⁶³
- Green “Superfood” powders containing organic veggies, berries, wheatgrass &/or spirulina
- Supplements (*in addition to*, not a replacements for vitamins in foods)

Vomiting

See: “[Nausea & Vomiting](#).”

Yeast Infection

Increase:

- Garlic¹⁶⁴
- Onion
- Millet
- Spicy foods
- Rest

Decrease:

- Cold/raw foods
- Soy¹⁶⁵
- Yeast
- Physical Activity

See: “[Inflammation](#)” & “[Infection](#);” also “[Immune & Inflammation Support](#)” in “Section 2: System-By-System Supports.”

¹⁶² Do not use **burdock** if you suffer from a bleeding disorder, take medication that reduces blood clotting or before a surgery. Burdock is also not recommended for those with low blood sugar.

¹⁶³ Double check first to make sure the peel in question is edible.

¹⁶⁴ Cloves & root. Avoid combining **garlic** in large amounts with blood thinning medications or before surgery.

¹⁶⁵ **Soy** has been shown helpful for post-menopausal women experiencing hot flashes, but processed soy is not recommended for menstruating women, especially those with hormonal disorders or a family history of hormonal cancers.

Section 4: Tried-&-True Resources

Additional resources can be recommended for future editions of this guide via [this online form](#).

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