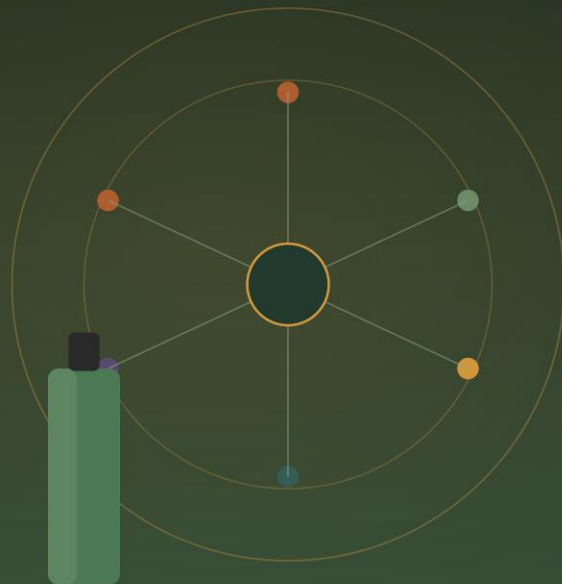


HERBAL FORMULATION

Formulas for Common Modern Symptoms

Primary herb + supporting herbs + a catalyst to
enhance delivery



How to read each formula



Primary herb

The main therapeutic action — usually the largest share of the formula by volume.



Supporting herb(s)

Rounds out or complements the primary herb's action, often from a different angle.



Catalyst

A smaller amount added to enhance delivery, absorption or circulation of the whole formula.

Example ratios shown are typical starting points (by parts) — adjust for the individual and the specific herbs used.



Stress & Anxiety

PRIMARY HERB

Ashwagandha

Adaptogen — traditionally calming and restorative to a stressed nervous system without sedating.

SUPPORTING HERB(S)

Lemon balm & Skullcap

Gentle nervines that ease mental tension and support restful calm through the day.

CATALYST

Licorice root

Used in a small amount — sweetens the formula, buffers the taste, and traditionally supports adrenal resilience under stress.

Typical ratio

3 parts Ashwagandha : 2 parts Lemon balm : 1 part
Skullcap : ½ part Licorice

Common form

Tincture or tea, taken 2–3x daily



Poor Sleep

PRIMARY HERB

Valerian root

Traditional sedative herb used to ease the transition into sleep.

SUPPORTING HERB(S)

Chamomile & Passionflower

Gentle, calming herbs that quiet a busy mind before bed.

CATALYST

Licorice or Lavender

A pinch improves palatability and adds a mild relaxing, aromatic quality to the blend.

Typical ratio

2 parts Valerian : 2 parts Passionflower : 2 parts Chamomile : ¼ part Lavender

Common form

Tincture or tea, 30–60 min before bed



Low Energy & Fatigue

PRIMARY HERB

Rhodiola or Eleuthero

Adaptogens traditionally used to support resilience to fatigue and mental stamina.

SUPPORTING HERB(S)

Nettle leaf

A nutritive, mineral-rich herb traditionally used as a gentle, building tonic.

CATALYST

Ginger

Used in a small amount — warming and circulatory, helps carry the formula's effect outward.

Typical ratio

3 parts Rhodiola : 2 parts Nettle : ½ part Ginger

Common form

Tincture, morning and midday



Digestive Upset & Bloating

PRIMARY HERB

Dandelion root or Gentian

Bitter herbs that stimulate digestive secretions — saliva, stomach acid, bile — before or after meals.

SUPPORTING HERB(S)

Peppermint & Fennel

Carminative herbs that ease gas, cramping and bloating.

CATALYST

Ginger

A small amount warms and moves the digestive process, and helps the bitters be better tolerated.

Typical ratio

2 parts Dandelion root : 2 parts Fennel : 1 part Peppermint
: ½ part Ginger

Common form

Tincture (bitters) before meals; tea after



Colds, Flu & Immune Support

PRIMARY HERB

Echinacea

Traditionally used at the first sign of illness to support the body's immune response.

SUPPORTING HERB(S)

Elderberry & Yarrow

Elderberry for immune support; yarrow as a traditional diaphoretic to support a fever doing its job.

CATALYST

Ginger or Cayenne

A small amount stimulates circulation and helps "move" a formula through the body.

Typical ratio

2 parts Echinacea : 2 parts Elderberry : 1 part Yarrow : ¼ part Ginger

Common form

Tincture, frequent small doses at onset



Headaches & Tension

PRIMARY HERB

Feverfew or Willow bark

Traditional herbs for head pain — feverfew especially associated with migraine-prone patterns.

SUPPORTING HERB(S)

Skullcap or Lavender

Nervine relaxants that ease the muscular tension often underlying a headache.

CATALYST

Peppermint

A small amount is aromatic and cooling — used both internally and applied topically to the temples.

Typical ratio

2 parts Feverfew : 2 parts Skullcap : ½ part Peppermint

Common form

Tincture; peppermint oil also used topically



Joint Pain & Inflammation

PRIMARY HERB

Devil's claw

A well-studied Southern African root, traditionally used for joint pain and inflammation.

SUPPORTING HERB(S)

Turmeric & Willow bark

Turmeric for its anti-inflammatory constituents; willow bark for pain relief.

CATALYST

Black pepper

A pinch — its piperine content is classically paired with turmeric to improve absorption.

Typical ratio

2 parts Devil's claw : 2 parts Turmeric : 1 part Willow bark :
pinch Black pepper

Common form

Tincture or capsule, with food



Seasonal Allergies

PRIMARY HERB

Nettle leaf

A classic traditional herb for seasonal sniffles and irritation, often used freeze-dried or as a strong infusion.

SUPPORTING HERB(S)

Elderflower & Eyebright

Traditionally used to ease nasal and eye irritation associated with seasonal allergies.

CATALYST

Licorice root

A small amount sweetens the blend and traditionally supports the adrenal response during allergy season.

Typical ratio

3 parts Nettle : 2 parts Elderflower : 1 part Eyebright : ¼ part Licorice

Common form

Tea or tincture, started before allergy season if possible

Before using any formula



Not a diagnosis

These are traditional formulation examples, not a substitute for a proper case history or professional diagnosis.



Check medications

Several herbs here (licorice, willow bark, devil's claw, St John's wort-type herbs) interact with common medications.



Pregnancy & children

Many of these herbs need adjustment or avoidance in pregnancy, breastfeeding, or for children — check each herb individually.



Know the red flags

Persistent, severe or unusual symptoms belong with a medical professional, not a formula.

Every formula starts with the person.

Traditional formulation examples for education — not medical advice, diagnosis or a guaranteed outcome for any individual.

