

## HERB BASICS

1. Herbs are that are used for \_\_\_\_\_ and they make up \_\_\_% of all conventional drug derivatives.
2. What is derived from white willow bark and Meadowsweet?
3. Chimps consume \_\_\_\_\_, which appears to be anti-\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
4. What are for Breast/ovarian cancer is derived from the Pacific yew?
5. The first narcotics were derived from \_\_\_\_\_. Contraceptives from \_\_\_\_\_.
6. What is the most comprehensive herbal book of all time?
7. What is the belief that herbs looked like their intended purpose?
8. What publication led to a loss of funding for alternative schools and loss closing them all by 19\_\_?
9. What is the purpose of the German commission E?
10. What did a US public law in 1994 set in regards to Herbs?
11. What percent of the world population uses herbal preparations?
12. What is an essential oil?
13. What is an herbal extract?
14. What is a plaster? What is a warm plaster?
15. What is a poultice?
16. What is a powder?
17. What is probably the oldest herbal application?
18. What are two common syrups and what are they used for?
19. What is a decoction?
20. Glycerol & alcohol may be used to extract more difficult photochemicals. What is this called?
21. Herbal remedies tend to work \_\_\_\_ & \_\_\_\_\_, and are used to create \_\_\_\_\_.
22. What herbs should pregnant women not take?

## HERBS A-K

23. What is aloe vera derived from and what may it be used for?
24. What is the best way to consume alfalfa and why?
25. Bilberry prevents \_\_\_\_\_ of \_\_\_\_\_. It also can lower the need for \_\_\_\_\_.
26. What is alfalfa used to treat?
27. What was the most widely used herb among Native Americans
28. Black cohosh \_\_\_\_\_ are used to treat \_\_\_\_\_.
29. What is a unique photochemicals/phytosterol found in black cohosh?
30. Blue and black coat cohosh have similar nutrients; which is more potent?
31. Echinacea is native to \_\_\_\_\_ & \_\_\_\_\_. What is the best of the 9 version of Echinacea?
32. Echinacea enhances the transport of \_\_\_\_\_, and the activation of \_\_\_\_\_ & \_\_\_\_\_.
33. Echinacea is anti- \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_.



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34. Since Echinacea stimulates inflammation/immune system, what drugs may it interfere with?
35. What herbs are not water soluble?
36. Because it is an appetite stimulant, what condition does camomile help with?
37. Camomile functions as a \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
38. When should camomile not be used?
39. What are presents catalyst activity with other herbs?
40. Burdock is a \_\_\_\_\_, \_\_\_\_\_, and anti-\_\_\_\_\_.
41. What cancer fighting herbal prep is burdock ingredient of?
42. Cinnamon aids in \_\_\_\_\_ & \_\_\_\_\_ metabolism, while it is also anti-\_\_\_\_\_ / \_\_\_\_\_.
43. What is an appetite stimulate, inflammatory pain reducer, and sleep aid?
44. Although cats claw is an anti-\_\_\_\_\_ / \_\_\_\_\_, it should not be used by \_\_\_\_\_.
45. Cranberry has a high content of \_\_\_\_\_ & \_\_\_\_\_.
46. Cranberry is good for UTIs. What is the action that allows for this?
47. Too much cranberries is a bad thing. What will happen?
48. What is the "herbal 1-A-Day"?
49. Although Dong Quai regulates \_\_\_\_\_, it is not an \_\_\_\_\_.
50. Who should not consume the diuretic dandelion?
51. Aside of hormone homeostasis what are the functions of Dong Quai?
52. What are sweetens the breath and increases breast milk production?
53. What does fenugreek reduce?
54. Why should pregnant women avoid fennel?
55. What to important photochemicals are found in garlic?
56. Garlic is good for the heart. What are for cardiovascular related functions of garlic?
57. What anti-anemic herb is great for morning sickness?
58. Who should not consume Ginger?
59. Ginseng protects against \_\_\_\_\_, is helpful for \_\_\_\_\_, and promotes \_\_\_\_\_.
60. What did Native Americans call ginseng?
61. What plant can regenerate Beta-cells in animals? What is the plant found it as an herb?
62. What of the functions of Hawthorne?
63. \_\_\_\_\_ should not be consumer with green tea because it \_\_\_\_\_.
64. Why is licorice bad for people with high blood pressure?
65. What type of infections is licorice help fight off?
66. Licorice is the standard treatment for what in Europe?
67. What important pro-liver photochemical is found in milk thistle?
68. In addition to being a stronger liver antioxidant, what viral disease may milk thistle help prevent?
69. What popular herb protect against radiation burns?



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70. Saw Palmetto is good for prostate how, explain why.
71. St. John's wort increases the potency of what to aminos?
72. What drugs should St. John's wort not be taken with?
73. Tea tree is an \_\_\_\_\_ made from the \_\_\_\_\_ plant.
74. Tea tree is a great topical treatment. Give some examples.
75. Parsley alleviates what foul smells?
76. Parsley contains more \_\_\_\_\_ per weight than an orange. And like an Orange it may be \_\_\_\_\_. Yum!
77. Parsley also helps with what common "grandpa" problems. (Though not limited to older men.)
78. What two things does Rosemary help with?
79. What does Sage do?
80. Who should not consume Sage?
81. What does Sage interfere with?
82. Wild oregano is in immune booster, thus what are its related uses?

#### VITAMINS

83. What is RDA?
84. What is RDI?
85. What is DRV?
86. All steps of glucose metabolism require \_\_\_\_\_.
87. Vitamin C enhances absorption of \_\_\_\_\_. This working together is called \_\_\_\_\_.
88. What prevents night blindness and acne, and is a strong antioxidant?
89. What are two major symptoms of vitamin A deficiency?
90. Since vitamin A is the \_\_\_\_\_ vitamin, it should not be taken in supplements.
91. Who should not exceed 10,000 IU of vitamin A?
92. What precursor to vitamin A may be antiviral?
93. What is required for the absorption of calcium and phosphorus in the intestines?
94. What are the symptoms of a vitamin D deficiency?
95. What affects the calcium/vitamin D ratio?
96. When should vitamin D supplementation be avoided?
97. Vitamin E is anti-\_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_, and maintains \_\_\_\_\_.
98. There are eight types of vitamin E, which is the most bioactive? Which is the least bioactive?
99. The finicky-E. What destroys vitE? What does E need for absorption? What restores oxidized E?
100. Vitamin E is \_\_\_\_\_ soluble and best absorbed with \_\_\_\_\_.
101. With vitamin E it's always good to slowly ↑ dosages. Who should have a outright conservative dosage?
102. Vitamin K is needed for \_\_\_\_\_ production. It also helps transport \_\_\_\_\_.
103. Vitamin K reduces what "parasite" symptoms? ;)



## MINERALS

104. What is it called when minerals are bound to proteins?
105. \_\_\_\_\_ inhibits absorption of minerals.
106. What are the symptoms of calcium deficiency?
107. What may bind to calcium thus turning it into a salt and decreasing absorption?
108. When may calcium-oxalic kidney stones form?
109. Where is oxalic acid found?
110. What is the best source of calcium? The worst source?
111. When should calcium be taken?
112. What drugs may inhibit calcium absorption?
113. What drugs may calcium interfere with?
114. Magnesium is the key link for \_\_\_\_\_ and \_\_\_\_\_ to myofibrils.
115. What does magnesium help prevent?
116. What does magnesium need to enter cells?
117. What occasion all increase the need for Mg?
118. \_\_\_\_\_ will deplete K levels thus increasing \_\_\_\_\_.
119. What are the functions of potassium?
120. What will excessive sodium result in?
121. What aids in the uptake of glucose and the synthesis of fats/proteins/cholesterol?
122. What may some people develop when consuming chromium?
123. How many US inhabitants have enough chromium? What is the most absorbable form of chromium?
124. \_\_\_\_\_ deficiency makes almost every disease process worse.
125. What is a common symptom of zinc deficiency? How much zinc should one have in relation to copper?
126. What is the therapeutic dose of zinc?
127. Zinc is a necessary component in nearly every step of \_\_\_\_\_.
128. Zinc helps protect us from \_\_\_\_\_.
129. Zinc increase what senses?
130. Zinc is a key component of anti-oxidant activity. How so?
131. Copper aids in the formation of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
132. Who should avoid copper? What decrease Cu in the body?
133. What are the symptoms of iron deficiency?
134. What will interfere with Iron absorption? When should you supplement iron?
135. Manganese is important for \_\_\_\_\_ & \_\_\_\_\_.
136. Manganese is synergetic which \_\_\_\_\_ & \_\_\_\_\_.
137. \_\_\_\_\_ activates \_\_\_\_\_ which helps us fight cancer.

