

Adaptogens

Adaptogens are gentle plant allies that help your body handle stress, keeping you grounded, balanced, and resilient.

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Alterative

Alterative herbs gently support and strengthen the body's natural detox and nourishment systems, helping improve how nutrients are absorbed and how waste is eliminated through the liver, kidneys, colon, skin, and lungs.

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Antimicrobial

Also known as antiseptics, antimicrobial herbs help the body fight off harmful microbes. They work broadly, supporting defense against bacteria, viruses, fungi, and other pathogens.

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Astringent

Astringent herbs help tighten, tone, and firm the tissues they come into contact with.

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Bitter

Bitter herbs stimulate the nervous system and digestive tract, helping increase digestive juices and support smoother, more comfortable digestion.

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Carminative

Carminative herbs are rich in aromatic oils that support digestion by calming the digestive tract, relieving intestinal cramping, and helping to move gas out of the system.

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Circulatory Stimulant

Circulatory stimulant herbs help increase blood flow throughout the body, improving how well blood reaches and nourishes the tissues.

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Demulcent

Demulcent herbs help soothe, hydrate, and protect irritated mucous membranes. When mixed with water, they form a slippery, gel-like substance called mucilage that gently coats and comforts tissues.

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Diaphoretic

Diaphoretic herbs are rich in aromatic volatile oils and encourage gentle sweating, helping the body release heat and eliminate waste through the skin.

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Diuretic

Diuretic herbs help increase urine output, supporting the body in flushing out excess fluids and waste.

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Emmenagogue

Emmenagogue herbs support the menstrual cycle by encouraging and helping regulate menstrual flow and supporting hormonal balance, often by assisting liver function.

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Expectorant

Expectorant herbs help loosen and clear mucus from the lungs, making it easier to cough it out.

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Galactagogue

Galactagogue herbs help support and increase breast milk production.

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Nervine

Nervines are herbs that support and soothe the nervous system, helping to promote relaxation while also strengthening its overall function.

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Rubefacient

Rubefacient herbs are applied to the skin to encourage circulation, drawing fresh blood to the area and helping relieve inflammation and congestion.

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Spasmolytic

Also called antispasmodics, spasmolytic herbs help calm the autonomic nervous system and relieve spasms in both skeletal and smooth muscles.

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Tonic

Tonic herbs help nourish and strengthen the body's systems and tissues, often providing a rich source of nutrients.

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