Meridian Herbal Chart

Fire

Small Intestine

Aloe Vera
Buckthorn
Cascara Sagrade
Flaxseed
Slippery Elm

Triple Warmer

Alfalfa
Blessed Thistle
Comfrey
Dulse
Irish Moss
Kelp
Licorice
Marshmallow
Parsley
Sassafras
Siberian Ginseng

Heart

Cayenne
Hawthorn
Motherwort

Circulation-Sex

Angelica
Blessed Thistle
Ginger
Licorice
Motherwort
Mugwort
Red Raspberry
Sarsparilla
Sassafras

Wood

Gall Bladder

Blessed Thistle
Cascara Sagrade
Dandelion
St John's Wort

Liver

Burdock
Calendula
Dandelion
Goldenseal
Milk Thistle
Oregon Grape
Red Clover
Stinging Nettle
Wood Betany
Yellow Dock

Earth

Spleen

Buchu
Calendula
Chapparal
Cleavers
Dandelion
Devil's Club
Echinacea
Juniper Berries
Licorice
Mullein
Parsley
Stevia
Usnea
Uva-Ursi

Stomach

Alfalfa
Aloe Vera
Cayenne
Comfrey
Fennel
Fenugreek
Garlic
Ginger
Meadowsweet
Peppermint
Slippery Elm
Strawberry

Central/Governing

Catnip
Chamomile
Feverfew
Ginko Biloba
Gota Kola
Ginger
Hops
Lemon Balm
Oatstraw
Scullcap
St. John's Wort
Valeriam
Wood Betany

Water

Kidney

Cleavers
Cornsilk
Juniper Berries
Marshmallow
Parsley
Pippsisewa
Uva-Ursi

Bladder

Buchu
Cornsilk
Dandelion
Parsley
Plantain
Uva-Ursi

Metal

Lung

Colt's Foot
Comfrey
Elderberry
Elecampagne
Ephedra
Flaxseed
Horehound
Licorice
Lobelia
Marshmallow
Mullein
Slippery Elm

Large Intestine

Buckthorn
Cascara Sagrade
Chaparral
Fennel
Flaxseed
Goldenseal
Marshmallow
Oregon Grape
Psyllium
Slippery Elm

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