



Building with Herbs

As you have learned herbs are very versatile, and have a wide variety of uses and health benefits. One of those benefits is that they cleanse the body, which is necessary to assist in correcting some health conditions, but they also serve to build the body which is essential after going through a cleansing program.

Herbs are used to build the system after experiencing times of extreme stress.

Herbs that build and strengthen the system are generally known as tonic herbs. Tonic herbs help to permanently increase tone throughout the entire body and give increased energy, vigor and strength. They also assist in stimulating the assimilation of nutrients in the body. Most tonic herbs are invigorating, refreshing and permanently strengthening to every body organ.

Tonic herbs work mostly with the digestive system, although all body organs are positively influenced by their use. They produce normal tone to the tissues of an organ, resulting in healthier muscles and function. These herbs help to sharpen the appetite, promote better waste elimination, aid in digestion, soothe the stomach, and gradually build up strength, energy and health.

As a general rule, tonic herbs are bitter, they are usually given during convalescence from disease or in any run-down condition. But you must be past the acute stage of a disease before taking tonic herbs.

Tonic Herbs

Listed below are only a few tonic herbs which you might want to become familiar with.

Barberry - *Berberis vulgaris*

Calumba - *Jateorhiza palmata*

American Columbo - *Frasera caroliniensis*

Goldenseal - *Hydrastis Canadensis*

Peruvian Bark - *Cinchona calisaya*

White Poplar - *Populus tremuloides*

European Centaury - *Erythraea centaurium*

Blessed Thistle - *Cnicus benedictus*

Myrrh or Myrrh Gum - *Commiphora myrrha*

Balmoney - *Chelone glabra*

Gentian - *Gentiana lutea*

False Unicorn Root - *Charaelirium luteum*