

# HERBALS

**Always tell your health care provider if you are using herbs or would like to use herbs!**

Some people may experience side effects like heartburn from herbs. Oils from some herbs and spices can also irritate sensitive skin; always wash your hands after working with these foods.

**Here's a summary of the program you saw today:**

<b>Herbal</b>	<b>How It Helps</b>
<b>GARLIC</b> ( <i>fresh</i> )	Can lower blood pressure and cholesterol.
<b>CRANBERRIES</b> ( <i>juice or fresh</i> )	May stop urinary or bladder infections. Helps stomachaches.
<b>GINGER</b> ( <i>fresh or tea</i> )	May ease morning sickness and motion sickness. Soothes an upset stomach, gas, and heartburn.
<b>PEPPERMINT</b> ( <i>oil</i> )	A few drops on the forehead for headache relief.
<b>PEPPERMINT</b> ( <i>tea</i> )	Helps digestion and stomachaches.
<b>ECHINACEA</b> ( <i>tea</i> )	Can help prevent a cold and help you feel better if you have a cold or flu.

## **PREPARING INFUSIONS**

**(Herbs mixed in hot water, like strong teas)**

**1.**

Add 1 to 2 teaspoons dried herbs (or 2 to 4 teaspoons fresh herbs) to 1 cup boiling water.

**2.**

Let stand for 10 minutes and remove herbs.

**3.**

Make no more than a day before use.

## **USING HERBAL EXTRACTS OR OILS**

**For adults, follow the dose on the label.**

**For children, use the following chart to find the right amount.\***

<b>Age</b>	<b>Weight</b>	<b>Amount</b>
Age 1-7	50-55 pounds	1/4 adult amount
Age 8-12	56-90 pounds	1/2 adult amount

\* Based on Clark's Rule and Young's Rule

Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. TRACKS is managed by Penn State University, an equal opportunity provider. To find out how the Food Stamp Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462.

For more information on the use of herbals, go to [www.nlm.nih.gov/medlineplus/herbalmedicine.html](http://www.nlm.nih.gov/medlineplus/herbalmedicine.html).