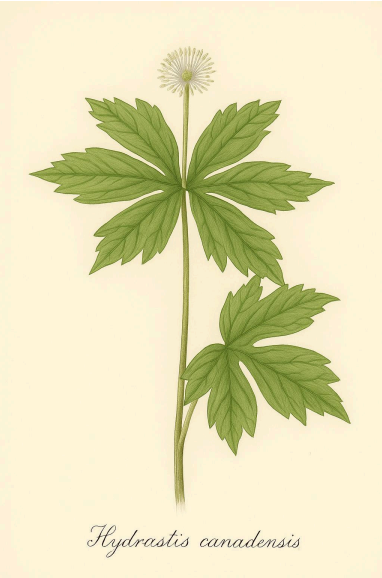
PERFECT HERBS

Herb Monograph Latin Name: Hydrastis canadensis

Common Name: Goldenseal

Primary Action	antimicrobial
Secondary Actions	astringent, decongestant
System Affinities	hepatic, immune
Conditions Treated	any infections, sinus congestion
Constituents	alkaloids, berberine, hydrastine
Tincture Daily Dose	3 mL to 8 mL
Tea Daily Dose	2 g to 4 g
Parts Used	root
Can Be Substituted With	Berberis vulgaris (barberry)
Pairs Well With	Salvia officinalis as a decongesting antimicrobial and Gingko biloba and Actea racemosa for vertigo



Disclaimer: This information is provided for educational purposes only.