

30 HERBS EVERY HOME SHOULD STOCK

Your Starter Herbal Medicine Cabinet

A companion bonus to *Natural Herbal & Preventive Medicine* by Dr. Mofo

These are the herbs that show up again and again throughout the full guide — the ones worth having on hand at all times. For each one: what it's commonly called, what part of the plant is used, and what it's most reached for. For complete preparation methods, dosages, and the full range of uses, refer to the corresponding sections in the main guide.

The Core 13 — Broad-Spectrum Herbs

1. Garlic

Also known as: *Allium sativum*

One of the most broadly useful herbs in the guide — used for high blood pressure, cholesterol, colds and flu, constipation, infections, and as a natural antibiotic. Mixed with honey to neutralize the smell and boost its effect.

2. Ginger

Also known as: *Zingiber officinale* — black ginger, race ginger, African ginger

A staple for arthritis, colds, nausea, coughing, and digestive support. Mixed with honey for daily use, or steeped fresh as tea.

3. Echinacea

Also known as: *Echinacea angustifolia* — Sampson root, purple cone flower

An excellent blood cleanser used for fevers, eczema, boils, sore throat, infections, and wounds. Combined with ginseng, it's noted as effective for typhoid.

4. Corn Silk

Also known as: *Zea mays* — Turkish corn

One of the best remedies for kidney, bladder, and prostate troubles, and for painful or difficult urination. Also used to help prevent bed wetting.

5. Celery

Also known as: *Apium graveolens* — small age, garden celery

Excellent for liver troubles; also used for rheumatism, neuralgia, and nervousness.

6. Chickweed

Also known as: *Stellaria media* — starwort, satin flower, tongue grass

A highly versatile herb for bronchitis, coughs, colds, internal inflammation, and external skin conditions — boils, burns, sore eyes, and wounds.

7. Carrot

Also known as: *Daucus carota*

Used for liver, kidney, and bladder troubles, painful urination, and as a poultice for ulcers, abscesses, and wounds. The seed, ground to powder, relieves colic.

8. Blood Root

Also known as: *Canadensis* — red puccoon, redroot

Used for sore throat, colds, cough, bronchitis, and skin conditions like ringworm and eczema. A powerful herb best used under guidance.

9. Aloe (Aloes)

Also known as: *Aloe Socrota*, *Aloe Barbadosia*

One of the finest body cleansers — used for the digestive system, colon cleansing, and skin conditions including stretch marks, eczema, and ringworm when combined with honey.

10. Comfrey

Also known as: *Symphytum officinale* — blackwort, knit-back, healing herb

A powerful remedy for coughs, ulceration, constipation, and wound healing. Applied fresh as a poultice for bruises, swellings, and fractures.

11. Pawpaw (Papaya)

Also known as: *Carica papaya*

Every part is useful: roots for tooth decay and rheumatism, leaves for malaria and high blood pressure, fruit for allergies and gastric pain, seeds for worms.

12. Eucalyptus

Also known as: *Eucalyptus globulus*

Leaves and bark used for fever, bronchitis, and asthma. The oil is inhaled for asthma and applied externally for cough and body odour.

13. Moringa

Also known as: *Moringa oleifera* — the "miracle plant"

One of the most nutrient-dense plants referenced in the guide — used for blood sugar management, gastric ulcers, cardiovascular support, and general nutrition. Safe for daily use.

17 More Herbs Worth Keeping On Hand

14. Ginseng

Referenced more than any other herb in the guide — used for arthritis, constipation, infertility, menopause, weight management, hemorrhoids, and as a general tonic.

15. Honey (Pure)

The most versatile household remedy in the book — used alone or combined with other herbs for everything from cough and sore throat to wounds, burns, and skin care.

16. Dandelion

Also known as: *Taraxacum officinale* — Priest's Crown, Swine's Snout

Used for liver and gall bladder disorders, as a blood purifier, and for skin conditions when used consistently as a salad green or infusion.

17. Yarrow

Also known as: *Achillea millefolium* — Soldier's herb

Called "cure of all ills" in the guide — used for menstrual troubles, bed wetting, inflammation of the ovaries, fibroids, and general blood cleansing.

18. Licorice

Used for ulcers and as a cigarette substitute to help smokers manage cravings. Best used short-term.

19. Hawthorn

Used as a heart tonic, particularly for widening blood vessels and supporting high blood pressure.

20. Turmeric

Featured throughout the household remedies section — arthritis, belly fat, liver disease, nerve problems, and gout, often paired with black or bush pepper.

21. Bitter Kola

Used for severe cough (with honey) and for sinusitis when ground and inhaled.

22. Soursop

Referenced as support during diabetes treatment and noted throughout the guide for its leaves and fruit.

23. Charcoal (from coconut shell)

Used for heartburn when mixed with kernel oil.

24. Lemon

A frequent pairing herb — used in cough remedies, mouthwash, facial treatment, and general detox combinations.

25. Onion

Used for respiratory infections, digestive support, kidney problems, and low sperm count — eaten raw or taken as juice.

26. Cayenne Pepper

Applied externally for general pain relief on the affected spot.

27. Black / Bush Pepper

Paired with turmeric throughout the household remedies for arthritis, gout, liver disease, and nerve support.

28. Pumpkin Seed

A key remedy for prostate enlargement — ground and taken daily in warm water.

29. Bitter Leaf

Also known as: Vernonia amygdalina

A clinically-noted remedy for diabetes, containing natural compounds that support healthy blood sugar.

30. King Grass

Also known as: Ageratum conyzoides

Used across the guide for whitlow, frontal headaches, night poison, and as part of several combination remedies for fibroids and infected uterus.

A note on building your herbal cabinet: You don't need all 30 at once — start with the Core 13, since they cover the widest range of everyday needs, and build from there. This guide is for educational and informational purposes only and is not a substitute for professional medical advice. Always consult a qualified healthcare provider before starting any new remedy, especially if pregnant, nursing, taking medication, or managing a chronic condition.