



Cautions, Warnings, Contraindications & Herb/Drug Interactions

Module 1

Chamomile

Chamomile is considered generally safe when following normal dosages.

Caution:

Chamomile pollen may cause hypersensitivity reactions.

Warnings:

Topical overdose of essential oil can lead to contact dermatitis

Contraindications:

Chamomile is contraindicated in patients who are allergic to chrysanthemums, ragweed, milk-thistle, daisies, or other herbs. Avoid use of the tincture in alcohol triggered hepatic cirrhosis.

Possible herb / drug interactions:

Chamomile can interact with opioids analgesics, benzodiazapines, and alcohol by enhancing their actions.

Peppermint

Peppermint is considered generally safe when following normal dosages.

Caution:

Cautious use is recommended in severe chronic digestive or respiratory diseases.

Warnings:

Oral overdose can lead to stomach and intestinal irritation.

Topical overdose of essential oil can lead to contact dermatitis.

Contraindications:

Pregnant women and infants should avoid use of the essential oil

Licorice

Warnings:

Oral overdose can cause stomach upset, nausea, hypertension, hyperglycemia and other symptoms.

Contraindications: Chronic liver disease, cholestatic liver diseases, cirrhosis of the liver, severe renal failure, hypertension, hypokalemia, diabetes, hypertension. Pregnant and breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

Licorice is considered generally safe when following normal dosages. However, due to potential side effects as hypertension and hyperglycemia, as well as interactions with corticosteroids and diuretics, consulting a herbalist or a physician prior administration is highly recommended.

Astragalus

Caution:

Use cautiously in cases of severe chronic conditions.

Warnings:

Oral overdose may cause nausea, diarrhea

Contraindications:

Pregnant, breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

Astragalus is considered safe within the normal dosage.

Echinacea

Although powerful, Echinacea is very well tolerated and safe when following normal dosages. It is stimulating and in some cases can cause nervousness and dizziness. In some individuals it may also cause nausea or gastric upset.

Warnings:

Oral overdose can lead to mild stomach and intestinal irritation and nausea.

Contraindications: Severe cases of chronic systemic diseases, autoimmune inflammation, MS, HIV infections, known hypersensitivity to composite plants. Pregnant or breastfeeding women and infants should avoid use.

Elderberry

Milky oat seed is generally safe when following normal dosages.

Module 2

Milky Oat Seed

Oat is considered generally safe when following normal dosages.

Skullcap

Skullcap is considered safe within the normal dosage.

Caution:

Avoid in bipolar disorders, schizophrenia and other mental disorders with manic phases.

Warnings:

Oral overdose can lead to mild stomach and intestinal irritation, nausea and sleepiness.

Contraindications:

Pregnant or breastfeeding women and infants should avoid use.

Passionflower

Passionflower is considered safe within the normal dosage.

Caution:

Avoid in bipolar disorders, schizophrenia and other mental disorders with manic phases.

Warnings:

Oral overdose can lead to mild stomach and intestinal irritation and nausea.

Contraindications:

Pregnant or breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

None known.

Reishi

Caution:

Use cautiously in bleeding and clotting disorders and low blood pressure.

Warnings:

Oral overdose can cause stomach upset, nausea and insomnia.

Contraindications:

Pregnant and breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

Reishi mushrooms are considered generally safe when following normal dosages. However, association with high blood pressure medication, anti-diabetic and blood thinners should be avoided.

Chaga

Caution:

Use cautiously in bleeding and clotting disorders and low blood pressure.

Warnings:

Oral overdose can cause stomach upset, nausea and insomnia.

Contraindications:

Pregnant and breastfeeding women and infants should avoid use.

Chaga mushrooms are considered generally safe when following normal dosages.

Gentian

Warnings:

Oral overdose might cause stomach inflammation, nausea.

Contraindications:

Contraindications: Individuals with gastric or duodenal ulcers should not use gentian root. Pregnant or breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

Gentian considered generally safe when following normal dosages. Oral overdose might interfere with drugs administered to treat low blood pressure.

Artichoke

Warnings:

Oral overdose can lead to mild stomach and intestinal irritation, nausea.

Contraindications:

Hypersensitivity to artichoke or other composite plants; biliary tract obstruction; cholelithiasis; acute liver or gallbladder disease. Pregnant or breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

Artichoke is considered generally safe when following normal dosages.

Burdock

Caution:

Cautious use is recommended in severe cases of chronic diseases, especially diabetes.

Warnings:

Oral overdose can lead to mild stomach and intestinal irritation and nausea.

Topical overdose can lead to mild local irritation.

Contraindications:

Pregnant or breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

Burdock is considered generally safe when following normal dosages. Oral overdose might interact with hypoglycemic drugs used in diabetes treatment.

Dandelion

Warnings:

Oral overdose can lead to mild stomach and intestinal irritation, nausea.

Contraindications:

Acute liver or gall bladder diseases. Biliary tract obstruction, empyema of the gallbladder, and intestinal obstruction. Patients with gallbladder problems should not use dandelion

unless instructed by a qualified health care provider owing to the risk of colic. Pregnant or breastfeeding women and infants should avoid use.

Possible herb / drug interactions:

Dandelion is considered generally safe when following normal dosages.

Module 3

Wild Yam

Caution:

Cautious use is recommended in estrogen triggered conditions such as pre-cancerous or cancerous stages of the reproductive and endocrine system.

Warnings:

Oral overdose can lead to mild stomach and intestinal irritation and nausea.

Topical overdose can lead to mild local irritation.

Contraindications:

Pregnant or breastfeeding women and infants should avoid use.

Golden Seal

Caution:

A medium-strength remedy that should not be taken continuously for more than 6-8 weeks on its own.

Warnings:

Oral overdose can lead to stomach and intestinal irritation.

Contraindications:

Pregnant women and infants should avoid use, and in patients with excessive dryness.

Possible herb / drug interactions:

Goldenseal is considered generally safe when following normal dosages.