

**The Spectrum of the Classification of Herb Actions:**



*Nourishing Herbs*

*Nourishing Tonics*

*Stimulating Tonics*

*Specific Herbs*

*Heroic Herbs*

| <u>Class of Herb</u> | <u>Safety Rating</u> | <u>Safety Notes</u>  | <u>Period of Usage</u>              | <u>Examples</u>  |
|----------------------|----------------------|--|-------------------------------------|--|
| Nourishing Herbs     | 1                    | No known side effects  | As often as wanted, like food       | Nettle, oatstraw, chickweed, red clover, burdock   |
| Nourishing Tonics    | 2                    | Little to no side effect                                       | Daily use over long periods of time | Reishi, burdock, dandelion, holy basil, astragalus, cinnamon, garlic, schisandra, raspberry leaf |
| Stimulating Tonics   | 3                    | Possible side effects with improper use                        | Days to months                      | Hawthorn, ginseng, licorice, eleuthero, rhodiola, ashwaganda, Echinacea                          |
| Specific Herbs       | 4                    | Acute use only   | 2 to 3 weeks                        | Goldenseal, myrrh, juniper, usnea  |
| Heroic Herbs         | 5                    | Extreme acute use only under guidance of experienced herbalist | Very limited doses                  | Foxglove, poke root, lily of the valley  |