

Herbs for Fibromyalgia

Herb	Symptoms																			
	Antibiotic	Antioxidant	Anxiety	Circulation	Cleansing	Cognition	Connective Tissue	Cramps/Spasm	Depression	Detoxifier	Diuretic	Energy	Fatigue	Headache	Immune System	Inflammation	Irritable Bowel	Pain	Sleep	Stress
Astragalus												✓	✓		✓					✓
Boswellia															✓	✓		✓		
Burdock root		✓			✓										✓					
Cat's claw		✓							✓						✓					
Cayenne				✓											✓			✓	*	
Dandelion					✓					✓								✓		
Devil's claw root															✓		✓		✓	
Echinacea															✓	✓				
Feverfew								✓							✓			✓		
Garlic		✓								✓					✓					
Ginger		✓								✓					✓			✓		
Gingko biloba		✓		✓		✓		✓					✓							
Ginseng				✓							✓				✓					✓
Goldenseal	✓				✓										✓					
Grape Seed Extract		✓		✓			✓								✓			✓		
Kava kava			✓					✓		✓										✓
Licorice root	✓				✓			✓	✓				✓			✓	✓	✓		
Nettle leaf															✓	✓		✓		
Pine bark		✓													✓			✓		
Red clover					✓									✓						
St. John's Wort									✓									✓		✓
Turmeric	✓			✓									✓		✓			✓		
Valerian root		✓	✓	✓				✓					✓			✓		✓	✓	✓
Willow bark															✓			✓		

*When applied topically.

****Caution:** Herbs can possibly have side effects or interact with other herbs or medications you are taking. For this reason, you should consult your qualified health care practitioner with knowledge of natural/botanical medicine before beginning a new herbal treatment. Inappropriate use of herbs can be DANGEROUS. Do not use herbs if you are pregnant, breast feeding, are a child under age 11, have an