

MENSTRUUM CHART

Compiled by Seanna Tully, 1999; Revised 2001; Additions Revisions by Gina Marcin, 2008

Sources Key:

Cech: Richo Cech, *Making Plant Medicine*, 2000.

HPh: Herb Pharm, *from product labels*, 1999.

G: Gaia Herbs, *from product labels*, 1999.

E: Eclectic Herb Co., *from product labels*, 1999.

CCHA: Chicago College of Healing Arts, *from the personal experience of Althea Northage-Orr
Seanna Tully, Gina Marcin and lab assistants*

Abbreviations and Symbols Key:

ACV: Apple cider vinegar

EtOH: Ethyl Alcohol

Gly: Glycerine

* use cultivated only according to Richo Cech

Bold indicates preferred method of preparation

ENGLISH	LATIN	PART USED	% FRESH	% DRY
ANGELICA	Angelica archangelica	Root	1:2, 75% (CCHA)	1:5, 50% (Cech)
ANISE	Pimpinella anisum	Seed		1:4, 75% (Cech)
ARNICA*	Arnica montana	Flower	1:5, 75% (Cech)	1:10, 50% (Cech)
ASHWAGANDA	Withania somnifera	Root	1:2, 50% (CCHA)	1:5, 50% (Cech)
ASTRAGALUS	Astragalus membranaceus	Root	1:2, 50% (CCHA)	Strong decoction preserved w/ 22% alcohol (Cech)
BARBERRY	Berberis vulgaris	Root bark	1:2, 75% (CCHA)	1:4, 60% (CCHA)
BASIL	Ocimum basilicum (sweet) Ocimum minimum (bush)	Leaf	1:2, 75% (CCHA)	1:5, 50% (CCHA)
BAYBERRY	Myrica cerifera	Root bark	1:2, 50% (CCHA)	1:4, 60% (CCHA)
BETH ROOT	Trillium erectum	Root & rhizome		1:4, 50% (CCHA)
BILBERRY	Vaccinium myrtillus	Leaf & berry	1:2, 75% (CCHA)	1:5, 50% (CCHA)
BLACK ALDER	Alnus serrulata	Bark		1:5, 60% (CCHA)
BLACK COHOSH	Actea racemosa (formerly Cimicifuga racemosa)	Root	1:2, 75% (Cech)	1:4, 80% (CCHA) 1:5, 80% (HPh) 1:5, 50% (Cech)
BLACK HAW	Viburnum prunifolium	Root and tree bark		1:5, 50% (CCHA)
BLACK WALNUT	Juglans nigra	Fresh green hulls	1:1.25, 40-45% (HPh)	
BLADDERWRACK	Fucus vesiculosus	Herb		1:3, 45% (HPh)
BLESSED THISTLE	Cnicus benedictus	Aerial parts	1:2, 75% (Cech)	1:5, 45% (HPh)
BLOODROOT*	Sanguinaria canadensis	Root		1:10, 50% EtOH 1:10, 50% ACV (Cech)
BLUE COHOSH*	Caulophyllum thalictroides	Root and rhizome	1:2, 75% (Cech)	1:5, 60-65% (HPh) 1:5, 50% (Cech)
BLUE FLAG*	Iris versicolor	Root	1:2, 95.5% (Cech)	1:5, 75% (Cech)
BLUE VERVAIN	Verbena officinalis	Flowering herb	1:2, 75% (CCHA)	1:5, 50% (CCHA)
BONESET	Eupatorium perfoliatum	Flowering herb	1:2, 75% (CCHA)	1:5, 50% (Cech)
BORAGE	Borago officinalis	Leaf and flower	1:2, 75% (CCHA)	1:5, 50% (CCHA)
BUGLEWEED	Lycopus virginicus/ Lycopus europaeus	Budding herb	1:2, 75% (Cech)	1:5, 50% (Cech)
BURDOCK	Arctium lappa	Root	1:2, 75% (Cech)	1:4, 60% (CCHA) 1:5, 50% (Cech)
BURDOCK	Arctium lappa	Seed		1:4, 75% (Cech)
BUTCHER'S BROOM	Ruscus aculeatus	Whole plant, young shoots, root	1:2, 75% (CCHA)	1:5, 65% (CCHA)

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BUTTERBUR*	Petasites vulgaris/Petasites officinalis/Petasites hybridus	Root	1:2, 75% (Cech)	1:5, 50% (Cech)
CACTUS GRANDIFLORUS*	Selenicereus grandiflorus	Fresh stem	1:2, 50% (Cech)	
CALAMUS (SWEET FLAG)	Acorus calamus	Root	1:2, 100% (Cech)	1:5, 75% (Cech)
CALENDULA	Calendula officinalis	Flowers	1:2, 40-50% (G) 1:2, 100% (Cech)	1:5, 70-75% (HPh) 1:4, 70%, (CCHA)
CALIFORNIA POPPY	Eschscholtzia californica	Whole flowering plant	1:2, 75% (CCHA)	1:5, 50% (Cech)
CASCARA SAGRADA*	Rhamnus purshiana	Dried, aged bark		1:5, 75% (Cech) 1:5, 35-30% (G)
CAT'S CLAW	Uncaria tomentosa	Bark or root		1:4, 65% w/10% gly (CCHA)
CATNIP	Nepeta cataria	Flowering herb	1:2, 75% (Cech)	1:5, 50% (Cech)
CAYENNE	Capsicum frutescens/Capsicum annum/Capsicum minimum	Fruit		1:10, 80-85% (HPh)
CELANDINE	Chelidonium majus	Tops and root	1:2, 75% EtOH and 25% ACV (Cech)	1:5, 50% EtOH and 50% ACV (Cech)
CHAMOMILE	Matricaria chamomilla/Anthemus nobile/Chamomilla recutita	Flower	1:2, 75% (Cech) 1:2, 100% gly (Cech)	1:5, 50% CCHA
CHICKWEED	Stellaria media	Fresh herb	1:2, 50% (Cech)	1:5, 25% (Cech)
CODONOPSIS/ DANG SHEN	Codonopsis pilosula	Cultivated root	1:2, 50% (Cech)	1:5, 25% (Cech)
CLEAVERS	Galium aparine	Herb	1:2, 50% (CCHA)	1:5, 30-35% (HPh)
CLOVES	Eugenia caryophyllus	Dried flower buds, leaf		1:4, 65% with 10% gly (HPh)
COLLINSONIA	Collinsonia canadensis	Root	1:2, 75% (Cech)	1:5, 50% with 5 week maceration (Cech)
COLTSFOOT	Tussilago farfara	Herb		1:5, 50% (CCHA)
COMFREY	Symphytum officinale	Root	1:2, 50% (CCHA)	1:4, 40% (CCHA)
COMFREY	Symphytum officinale	Leaf	1:2, 50% (CCHA)	1:5, 40% (CCHA)
CORNSILK	Zea mays	Flowering silk	1:3, 50% (CCHA)	1:5, 50% (CCHA)
COTTON ROOT	Gossypium herbaceum	Root bark	1:2, 75% w/gly (Cech)	1:5, 50% w/gly (Cech)
CRAMPBARK	Viburnum opulus	Bark	1:2, 60-70% (G)	1:5, 50% (CCHA)
CRANESBILL	Geranium maculatum	Dried rhizome, leaf		1:4, 60% w/10% gly (CCHA)
CULVER'S ROOT	Leptandra virginica/Veronicastrum virginicum	Dried, aged rhizome and root		1:5, 50% (Cech)
DAMIANA	Turnera aphrodisiaca	Leaf		1:5, 55-60% (CCPH, Cech)
DANDELION	Taraxacum officinale	Root	1:2, 75% (Cech)	1:5, 50% (CCHA, Cech)
DANDELION	Taraxacum officinale	Whole plant & root	1:2, 75% (Cech) 1:2, 100% gly (Cech)	
DEVIL'S CLAW	Harpagophytum procumbens	Root		1:2, 60% (HPh)
DEVIL'S CLUB	Oplopanax horridum	Root bark		1:2, 60% (CCHA)
DILL	Anethum graveolens	Leaf & seed		Seed: 1:4, 75% (Cech)
DONG QUAI/QUI; DANG GUI*	Angelica sinensis	Unsulfured root		1:5, 60-65% (HPh) 1:5, 50% (Cech)

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ECHINACEA	Echinacia angustifolia, E. pallida, E. paradoxa, E. purpurea, E. tennesseensis	Root, leaves and flowers	All parts together: 1:2, 75% (Cech), 1:2, 100% gly (Cech)	Root: 1:4, 70% (CCHA) Leaf: 1:5, 50% Seed: 1:5, 75% (Cech)
ELDER	Sambucus nigra	Flower and berries	1:2, 75% (CCHA)	1:5, 50% (CCHA)
ELECAMPANE	Inula helenium	Root		1:5, 65% (CCHA)
EUCALYPTUS	Eucalyptus dives, E. globulus, E. nitens, E. oleosa, E. polybractea, E. radiata, E. smithii	Fresh or dry leaves		1:5, 100% (Cech)
EYEBRIGHT	Euphrasia officinalis, E. rostkoviana	Herb	1:1.5, 30% (HPh)	1:5, 50% (CCHA)
FALSE UNICORN	Chamaelirium luteum	Root	1:2, 75% (Cech)	1:5, 50% (CCHA)
FENNEL	Foeniculum vulgare	Seed	1:4, 75% (Cech)	1:4, 75% (Cech)
FEVERFEW	Tanacetum parthenium	Flowering herb	1:2, 75% (Cech)	1:5, 50% (CCHA)
FIGWORT	Scrophularia nodosa	Budding herb or root	1:2, 75% (CCHA)	1:5, 50% (CCHA)
GARLIC	Allium sativum	Bulb	1:2, 100% (Cech)	
GENTIAN*	Gentiana lutea	Root and rhizome	1:2, 75% (Cech)	1:4, 55-60% (HPh) 1:5, 50% (Cech)
GINGER	Zingiber officinale	Rhizome	1:2, 100% (CCHA)	1:5, 75% (HPh) 1:5, 50% (CCHA)
GINGKO	Gingko biloba	Leaf	1:1, 50% (E) 1:1.75, 55-60% (HPh)	1:6, 60% (CCHA)
GINSENG, AMERICAN*	Panax cinquefolium	Root	1:2, 75% (Cech) 1:1.75, 30%	1:5, 70% (CCHA)
GINSENG, CHINESE*	Panax ginseng	Root	1:2, 75% (Cech) 1:1.75, 30%	1:2, 25% (HPh) 1:5, 70% (CCHA)
GINSENG, SIBERIAN; ELEUTHERO	Eleutherococcus senticosus	Root	1:2, 75% (CCHA)	1:5, 50% (Cech) 1:5, 60% (CCHA)
GOAT'S RUE	Galega officinalis	Leaf and seed	1:2, 75%, 25% ACV (Cech)	1:5, 50%, 50% (Cech)
GOLDENROD	Solidago virgauria	Flowering tops	1:2, 75% (Cech)	1:5, 50% (Cech)
GOLDENSEAL*	Hydrastis canadensis	Root	1:2, 75% (Cech)	1:5, 60% (HPh)
GOTU KOLA	Centella asiatica	Leaf & root	1:2, 75% (Cech)	1:4, 65% (CCHA)
GRAVEL ROOT	Eupatorium purpureum	Root	1:2, 75% (Cech)	1:5, 85% (CCHA) 1:5, 50% (Cech)
GRINDELIA	Grindelia camporum, G. robusta, G. cuneifolia, G. squarrosa	Dried leaves, flowering tops	1:2, 65-70%, (G)	1:5, 100% (Cech)
HAWTHORN	Crataegus oxycantha, C. oxyacanthoides, C. monogyna	Flowering tops, berries, leaf	1:2, 75% w/10% gly (Cech)	1:5, 40-45% (HPh) 1:5, 65% (CCHA) 1:5 (50%) w/10% gly (Cech)
HE SHOU WU/ FO TI	Polygonum multiflorum	Unsulfered, cured root		1:5, 40-45% (HPh) 1:5, 50% (CCHA)
HOPS	Humulus lupulus	Strobile	1:5, 65-70% (G)	1:7, 75% (CCHA)
HOREHOUND	Marrubium vulgare	Budding herb	1:2, 75% (Cech)	1:5, 50% (Cech)
HORSE CHESTNUT	Aesculus hippocastanum	Ripe fruits	1:2, 75% (CCHA)	1:5, 50% (CCHA)
HORSERADISH	Chochlearia armoracia	Root	1:2, 75% (CCHA)	1:5, 50% (CCHA)
HORSETAIL	Equisetum arvense, E. hyemale, E. maximum, E. sylvaticum	Aerial parts	1:2, 50-60% (CCHA)	1:4, 65% (CCHA)
HYDRANGEA	Hydrangea arborescens	Root	1:2, 50% (G)	1:4, 60% (CCHA)
HYSSOP	Hyssopus officinalis	Flowering herb	1:2, 100% (Cech)	1:5, 75% (Cech) 1:5, 50-55% w/10% gly (HPh)

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JAMAICAN DOGWOOD	<i>Piscidia erythrina</i> , <i>P. piscipula</i>	Stem bark	1:1, 30% (CCHA)	1:4, 40% (CCHA)
JUNIPER	<i>Juniperis communis</i>	Berry		1:5, 50% (CCHA)
KAVA KAVA	<i>Piper methysticum</i>	Root	1:1, 55% (E)	1:1, 85-90% (HPh) 1:4, 75% (CCHA)
KHELLA	<i>Amni visnaga</i>	Dried seed		1:4, 75% (Cech)
LADY'S MANTLE	<i>Alchemilla vulgaris</i>	Aerial parts	1:3, 100% (Cech)	1:6, 60% (Cech)
LAVENDER	<i>Lavendula officinalis</i>	Flowering herb	1:2, 100% (Cech)	1:5, 80% (HPh)
LEMON BALM	<i>Melissa officinalis</i>	Budding herb	1:2, 100% (Cech)	1:5, 75% (Cech)
LICORICE	<i>Glycyrrhiza glabra</i>	Root		Strong decoction preserved w/22% alcohol (Cech)
LILY OF THE VALLEY	<i>Convallaria majalis</i>	Whole herb	1:2, 70-75% (G)	1:5, 40% (CCHA)
LINDEN	<i>Tilia cordata</i> , <i>T. parvifolia</i>	Flowers	1:2, 40-45% (G)	1:5, 50% (CCHA)
LOBELIA	<i>Lobelia inflata</i>	Herb and seed	1:2, 55-60% (G)	1:10, 40-45% w/0.02% ACV (HPh) 1:10, 50% w/50% ACV (Cech)
LOMATIUM	<i>Lomatium dissectum</i>	Root	1:2, 70% (HPh,	1:5, 60% (CCHA)
MA HUANG/EPHEDRA	<i>Ephedra sinensis</i>	Aerial parts		1:5, 70% (CCHA)
MARSHMALLOW	<i>Althea officinalis</i>	Root	1:2, 50% (Cech)	1:5, 25% (Cech)
MEADOWSWEET	<i>Filipendula ulmaria</i>	Herb	1:2, 75% (Cech)	1:5, 50-55% (HPh)
MELILOT	<i>Melilotus officinalis</i> , <i>M. arvensis</i> , <i>M. alba</i>	Flowering herb	1:2, 75% (Cech)	1:5, 50% (Cech)
MILK THISTLE	<i>Silybum marianum</i>	Seeds		1:1, 65% (HPh) 1:3, 100% (Cech)
MISTLETOE	<i>Viscum album</i>	Young leafy twigs, berries	1:1, 46-52% (HPh) 1:2, 60- 65% (G)	
MOTHERWORT	<i>Leonurus cardiaca</i>	Flowering herb	1:2, 75% (Cech)	1:7, 60% (CCHA)
MUGWORT	<i>Atremesia vulgaris</i>	Herb	1:2, 40-45% (G)	1:6, 50% (CCHA)
MULLEIN	<i>Verbascum thapsus</i>	Leaf & flower	1:4, 75% (CCHA) 1:2, 60-65% (G)	1:10, 50% (CCHA)
MYRRH	<i>Commiphora myrrha</i>	Oleo-gum resin from stems	1:4, 88% (E)	1:4, 60% (E)
NETTLE	<i>Urtica dioica</i>	Herb	1:2, 75% (Cech)	1:5, 50% (CCHA)
NETTLE	<i>Urtica dioica</i>	Seed		1:5, 50% (Cech)
NETTLE	<i>Urtica dioica</i>	Root	1:2, 75% (Cech)	
NIGHT BLOOMING CEREUS	<i>Cereus grandiflorus</i>	Stem	1:2, 65-70% (G)	
OAT	<i>Avena sativa</i>	Milky seed	1:2, 75% (Cech)	
OREGANO	<i>Origanum vulgare</i>	Leaf and flower	1:2, 100% (Cech)	1:5, 75% (Cech)
OREGON GRAPE ROOT	<i>Mahonia aquifolium</i> , <i>Berberis aquifolium</i>	Root	1:2, 60% (CCHA)	1:5, 70% (CCHA)
OSHA	<i>Ligusticum porteri</i>	Root	1:2, 100% (CCHA)	1:5, 70% (HPh)
PARSLEY	<i>Petroselinum crispum</i>	Leaf, root, seed	1:2, 60% (CCHA)	
PARTRIDGE BERRY/ SQUAW VINE	<i>Mitchella repens</i>	Vine	1:2, 60% (CCHA)	
PASSIONFLOWER	<i>Passiflora incarnata</i>	Flowering tops	1:2, 80% (CCHA)	1:5, 65% (HPh)
PAU D'ARCO	<i>Tabebuia avellanedae</i> ; <i>T. impetiginosa</i>	Bark		1:4, 25-30% w/gly (HPh)
PEPPERMINT	<i>Mentha piperita</i>	Leaf	1:2, 100% (Cech)	1:5, 75% (Cech)
PERIWINKLE	<i>Vinca minor</i>	Herb	1:2, 60% (G)	
PIPSISSEWA	<i>Chimaphila umbellata</i>	Upper whorl	1:2, 45-50% (G)	
PLANTAIN	<i>Plantago officinalis</i> , <i>Plantago spp.</i> (almost all species of <i>Plantago</i>)	Leaf	1:2, 75% (Cech)	1:5, 50% (Cech)

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PLEURISY ROOT*	<i>Asclepius tuberosa</i>	Root		1:5, 50% (Cech)
POKE	<i>Phytolacca americanum</i>	Root	1:2, 75% (Cech)	1:10, 50% (CCHA)
PRICKLY ASH	<i>Zanthoxylum americana</i>	Bark		1:4, 65%, (CCHA)
PROPOLIS	collected by bees from leaf buds and barks of trees			1:5, 70-75% (HPh)
PULSATILLA*	<i>Anemone pulsatilla</i> ; <i>A. nemerosa</i>	Fresh whole plant	1:2, 75% (Cech)	
PURSALANE	<i>Portulaca oleracea</i> ; <i>P. sativa</i>	Fresh leaf & stem	1:2, 50% (Cech)	
QUEEN ANNE'S LACE	<i>Daucus carota</i>	Flower, root	1:2, 50% (CCHA)	1:5, 50% (CCHA)
RASPBERRY	<i>Rubus idaeus</i>	Leaf	1:2, 75% (CCHA)	1:5, 60-65% (HPh)
RED CLOVER	<i>Trifolium pratense</i>	Budding tops	1:5, 75% (CCHA)	1:10, 50% (CCHA) 1:5, 40-45% (HPh)
RED ROOT	<i>Ceanothus americanus</i>	Root	1:2, 65% w/10% gly (Cech)	1:5, 50% w/10% gly (Cech) 1:4, 35% (HPh)
REISHI MUSHROOM	<i>Ganoderma lucidum</i>	Aerial parts	1:1, 80-85% (HPh)	
ROSEMARY	<i>Rosemarinus officinalis</i>	Aerial parts	1:2, 100% (Cech)	1:5, 75% (Cech)
ROSE HIPS	<i>Rosa rugosa</i>	Fruit	1:2, 50% (CCHA)	1:4, 50% (CCHA)
RUE	<i>Ruta graveolens</i>	Herb	1:2, 75% (CCHA)	1:5, 50% (CCHA)
SAGE	<i>Salvia officinalis</i>	Leaf	1:2, 100% (Cech)	1:5, 70-75% (HPh)
SASSAFRAS	<i>Sassafras albidum</i>	Root, root bark	1:2, 75% (CCHA)	1:5, 65% (CCHA)
SAW PALMETTO	<i>Serenoa serrulata</i>	Berry	1:2, 75% (CCHA)	1:4, 80% (HPh) 1:4, 60% (CCHA)
SCOTCH BROOM	<i>Cytisus scoparius</i>	Flowering tops	1:2, 75% (CCHA)	
SCHIZANDRA	<i>Schisandra chinensis</i>	Berry	1:2, 75% (CCHA)	1:4, 50% (CCHA)
SELF HEAL	<i>Prunella vulgaris</i>	Aerial parts	1:2, 65% w/10% gly (Cech)	1:5, 50% w/10% gly (Cech)
SHEEP SORREL	<i>Rumex acetosella</i>	Herb and root	1:2, 60% (CCHA)	
SHEPHERD'S PURSE	<i>Capsella bursa-pastoris</i>	Flowering herb	1:2, 50% (CCHA)	1:5, 50% (CCHA)
SHIITAKE MUSHROOM	<i>Lentinus edodes</i>	Cap and stem	1:1, 25% (E)	
SKULLCAP	<i>Scutellaria laterifolia</i>	Budding herb	1:2, 75% (CCHA)	1:7, 50% (CCHA)
SKUNK CABBAGE	<i>Symplocarpus foetidus</i>	Root	1:2, 75% (CCHA)	
SLIPEPRY ELM	<i>Ulmus rubra</i> ; <i>U. fulva</i>	Inner bark	1:2, 30-40% (G)	1:5, 40% (CCHA)
SOAPWORT	<i>Saponaria officinalis</i>	Aerial parts	1:2, 75% (CCHA)	1:5, 50% (CCHA)
SOLOMON'S SEAL	<i>Polygonatum multiflorum</i> , <i>P. vulgare</i>	Root	1:2, 65% (CCHA)	1:2, 50% (CCHA)
SPEARMINT	<i>Mentha spicata</i> ; <i>M. viridus</i>	Leaf	1:2, 75% (CCHA)	1:5, 60% (CCHA)
SPIKENARD*	<i>Aralia californica</i> , <i>A. racemosa</i>	Root, rhizome, leaf, berry	1:2, 75% (Cech)	1:5, 50% (Cech)
SPILANTHES	<i>Spilanthes acinella</i> ; <i>S. oleracea</i>	Flowering tops and root	1:2, 75% w/25% ACV (Cech)	1:5, 75% w/25% ACV (Cech)
ST. JOHN'S WORT	<i>Hypericum perforatum</i>	Flower buds	1:2, 100% (Cech) 1:2, 75% (CCHA)	1:2, 50% (CCHA)
STEVIA	<i>Stevia rebaudiana</i>	Leaf & stem	1:2, 75% (Cech)	1:5, 50% (Cech)
STILLINGIA	<i>Stillingia sylvatica</i>	Root	1:2, 75% (CCHA)	
TANSY	<i>Tanacetum vulgare</i>	Flowering tops	1:2, 75% (CCHA)	
THYME	<i>Thymus vulgaris</i>	Herb	1:2, 100% (Cech)	1:5, 75% (Cech)
TRUE UNICORN	<i>Aletris farinosa</i>	Root	1:2, 75% (CCHA)	
TURMERIC	<i>Curcuma longa</i>	Root		1:4, 75% (CCHA)
USNEA	<i>Usnea</i> spp.; <i>U. barbata</i> ; <i>Evernia prunastri</i>	Lichen	1:2, 100% (CCHA)	1:4, 75% (CCHA)
UVA URSI	<i>Arctostaphylos uva-ursi</i>	Leaf	1:2, 75% (CCHA)	1:5, 50-55% w/10% gly (CCHA)
VALERIAN*	<i>Valeriana officinalis</i>	Root	1:2, 100% (Cech)	1:5, 70% (CCHA)
VERVAIN	<i>Verbena officinalis</i> , <i>V. hastata</i>	Leaf	1:2, 75% (CCHA)	1:5, 50% (CCHA)
VIOLET	<i>Viola odorata</i>	Flower & leaf	1:2, 75% (Cech)	1:5, 50% (CCHA)

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VITEX	Vitex agnus-castus	Berry		1:4, 70-75% (HPh)
WHITE OAK	Quercus alba	Bark	1:2, 50% (CCHA)	1:4, 50% (CCHA)
WHITE PINE	Pinus strobus	Bark	1:2, 75% (CCHA)	
WILD CHERRY	Prunus serotina	Bark	1:2, 50% w/10% gly (CCHA)	1:4, 50% w/10% gly (CCHA)
WILD INDIGO*	Baptisia tinctoria	Root	1:2, 75% (Cech)	1:5, 50% (Cech)
WILD LETTUCE	Lactuca canadensis; L. virosa	Leaf, dried milk juice	1:2, 100% (CCHA)	1:5, 75% (CCHA)
WILD YAM*	Dioscorea villosa	Root		1:5, 55% w/5 weeks maceration (CCHA)
WILLOW	Salix alba, S. spp.	Bark	1:2, 75% w/10% gly (CCHA)	1:5, 50% w/10% gly (CCHA)
WITCH HAZEL	Hamamelis vernalis, H. virginiana	Leaf and young twig	1:2, 65% w/10% gly (CCHA)	1:5, 50% w/10% gly (CCHA)
WOOD BETONY	Betonica officinalis; Stacys betonica	Leaf, herb	1:2, 75% (CCHA)	1:5, 50% (CCHA)
WORMWOOD	Artemesia absinthium	Aerial parts		1:5, 70-75% (HPh)
YARROW	Achillea millefolium	Flower	1:2, 100%, (CCHA)	1:5, 75% (CCHA)
YELLOW DOCK	Rumex spp.	Root	1:2, 75% w/10% gly (CCHA)	1:5, 50% w/10% gly (Cech)
YERBA MANSA*	Anemopsis californica	Root	1:2, 90% w/10% gly (Cech)	1:5, 75% w/10% gly (Cech)