



NZ HERBAL SUPPORT FORMULAE

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| Agrimony | <i>Agrimonia eupatoria</i> | Supports birthing oneself anew. Confidence in one's self and moving ahead whilst in the public eye. Solar plexus and third eye. |
| Borage | <i>Borago officinalis</i> | Move forward in your own power. Cell memory release work. Alleviates despondency. Adrenal gland nourisher, energizing. |
| Chelidonium | <i>Chelidonium majus</i> | A way shower. Anti fungal, counters warts. Assists gall bladder health. |
| Chickweed | <i>Stellaria media</i> | Rebalances thyroid gland. Optimal metabolism. Cooling. Embrace the succulence of life! Throat and thymus gland nourishment. |
| Chicory | <i>Cicchorium intybus</i> | Liver nourisher & tonifier. Heightens intuitive focus and awareness; third eye. Courage & protection. Enjoying one's own company. |
| Cleavers & Violets | <i>Galium aparine & Viola odorata</i> | Circulates lymph; nourishes and builds immunity. Kidney tonic. Clears on physical and energetic levels. Throat and heart clearing. |
| Cranesbill | <i>Geranium carolinian</i> | Digestive. Calms stomach upsets. Greatly aids the gall bladder and liver. Reduces bloating. Alkalinising, arthritic tonic. |
| Croneswort | <i>Artemisia vulgaris</i> | Clears & further opens channels to right brain. Rebalances pineal and pituitary glands and is a good liver tonic. Connects the right and left brain, promotes visioning, & the following of one's dreams. |
| *Damiana | <i>Turnera diffusa</i> | Relax after a long day! Muscle relaxant and mild euphoric. Boosts serotonin uptake in the brain. Allows the adrenals to relax. Uplifting in cases of being depressed/down. Like liquid chocolate! |
| Dandelion | <i>Taraxacum officinale</i> | Liver nourisher. Supports and heals the kidneys and digestive system. Energy tonic. Alkalinizes system and boosts immune system. Grounding; good for confidence, creativity and integration. |
| Dianella | <i>Dianella nigra</i> | Walking forward with clarity. Self-assertion. Release of old beliefs. |
| Echinacea | <i>Echinace angustifolia</i> | Promotes listening to oneself. Counters bacterial infections. |
| Eyebright | <i>Euphrasia officinalis</i> | Confidence; following your inner knowing. 'Eyes open'. Eyesight and liver tonic. Helps dissolve cataracts. Anti-inflammatory, stops allergies and boosts lifeforce. Third eye and solar plexus. |
| Feverfew | <i>Tanacetum parthenium</i> | Alleviates and prevents headaches and migraines. Particularly helpful in treating migraines. Reduces heat in the liver. |
| Ginger | <i>Zingiber officinale</i> | Boosts circulation; warming from the inside out! Digestive aid; helps alleviate nausea. This plant assists us to integrate at our own pace. |
| Gingko | <i>Gingko biloba</i> | Repairs long term memory neurons in the brain. Helps concentration and focus, mental alertness. Excellent circulation tonic. Quiets the mind so that the heart can be heard. |
| *Gotu kola | <i>Gotu kola</i> | Clears and balances the brain. Clears meridians throughout the body and helps energy levels. Enlivening; wake up with the sun! |
| Hawthorn | <i>Crataegus oxycanthus</i> | Effectively lowers blood pressure within 1-2 weeks. Adaptogen. Powerful heart tonic. Lowers cholesterol levels. Joy & flexibility. Release of grief. |
| Heartsease | <i>Viola tricolor</i> | Expressing the truth of one's heart. Trust in self, following one's path. Solar plexus, third eye(intuition) and throat (communication). |
| Hops | <i>Humulus lupulus</i> | Mild sedative. Dream-work and emotional healing. Greatly helps dream recall. Aids the pancreas and helps regulate blood sugar levels. |
| Horopito | <i>Pseudowintera axillaries</i> | Anti-fungal, anti-candida action in the body. Counters thrush. Release of held-in anger, specifically resentment. |

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| Houhere | <i>Hoheria spp.</i> | Restores hope in life. Backbone of existence, freedom in being alive. |
| Ipomea | <i>Ipomea indica</i> | Addiction remedy. Helps release emotions underlying the addiction. |
| Ivy leaved Toadflax | <i>Linaria cymbalaria</i> | Release responsibility for other people's process. Being present with your own experience. Helps to relax neck & shoulder tension. |
| Karamu | <i>Coprosma robusta</i> | Kidney & urinary tract tonic. Sacral and solar plexus healing. Strength in knowing who you are. |
| Kauri | <i>Agathis australis</i> | Channelling strength and support. Heart connection with oneself and others; clear connection. |
| Kawakawa | <i>Macropiper excelsia</i> | Heart release work. Lowers cholesterol levels. Enhances circulation, cleanses the blood and kidneys. Boosts energy levels. |
| Kohekohe | <i>Dysoxylum spectabile</i> | Awakening and clarifying. Reset. Deep listening. Honouring source. |
| Koromiko | <i>Hebe stricta</i> | Calms the stomach, eases digestive system upsets. Helps to clear old emotions held in the stomach area. Stops diarrhoea in 1ml doses. |
| Kotukutuku Native Tree Fuschia | <i>Fuschia excorticata</i> | 'To let go.' Clearing the past & moving ahead. Acceptance and moving more deeply to the rhythm of one's own inner drum. |
| Kowhai | <i>Sophora Microphylla</i> | Grounding. Reseeding new beginnings. Works deeply on a cellular, structural level. Solar plexus and root energy center. |
| Kumarahou | <i>Pomaderris kumarahou</i> | Lung tonic; helping to make space for oneself in one's life. Clears the skin through helping the liver and cleansing the blood. Heart chakra. |
| Lady Nada | <i>Heliohebe lavaudiana</i> | Teaching us to draw God's/Spirit's love from the flame in our hearts and to radiate it into the realms of nature for the blessing of all life. |
| Lavender& Angelica | <i>Lavendula sp. & Angelica sp.</i> | Highly protective. Holds the space for big transitions and changes to happen more easily. Helps release irritability and anger. Uplifting! |
| *Licorice 'Energy tonic' | <i>Glycyrrhiza glabra</i> | Wonderful Energy tonic. Adrenal gland support. Also nourishes and repairs all mucous membranes; throat, lungs, intestinal area etc. Heals ulcers, soothes digestive system and helps settle sleep patterns. |
| *Maca Root | <i>Lepidium meyenii</i> | Alleviates hot flushes, night sweats, and other menopausal symptoms. Helps energy levels. Enhances female libido and male potency. Standing in one's power and strengthening one's spiritual connection. |
| Mahoe | <i>Meliccytus ramiflorus</i> | Setting a new foundation, spiritually/physically. Connecting with the Ancestors in everyday life. Practical steps to following your intuition. |
| Mamaku | <i>Cyathea medullaris</i> | Warming. Great for Vata constitutions. Sacral, solar plexus and heart energy centers. Expressing, new beginnings. |
| Manuka | <i>Leptospermum scoparium</i> | Cleansing, healing the sacral area. Blood purifier, embracing the shadow. Teamwork, group collective. Perservance and determination. |
| Matai | <i>Podocarpus spicatus</i> | Grounding. Aligning. Base chakra. Strengthening. Unspoken truths. |
| Matipo | <i>Myrsine australis</i> | Depth of support for those who offer out so much to others. |
| Motherwort 'Lion heart' | <i>Leonorus cardiaca</i> | Eases and eliminates menstrual cramps and PMT. Moderates mood swings, eases hormonal ups and downs. Regulates blood sugar levels. Stops headaches and is a powerful heart tonic. Helps deal with emotional stress, assisting constructive action. Courage and focus. |
| Myrrhh | <i>Commiphora myrrha</i> | Anti-bacterial. Counteracts tooth decay and promotes gum health. |
| Native Broom | <i>Carmichaelia sp.</i> | Energizing, empowering. Thyroid/metabolism tonic. Strengthening& protective. |
| Native Jasmine-Kaihua | <i>Parsonsia heterophylla</i> | Assists one's personal spiritual connection. Lightens one's whole being & awareness. |
| Nettle | <i>Urtica dioica</i> | Embrace the shadow self. Kali durga. Kidney support. Life force. |
| Ngaio | <i>Myoporum laetum</i> | Honouring one's own divinity. Speaks of our sacred connection with birds/ the bird goddess and our connection with the sky. |
| Nikau | <i>Rhopalostylis sapida</i> | Fully occupying the space that is you. |

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| Olive Leaf | <i>Olea spp.</i> | Strongly Antiviral. Deep peace within self. Liver tonic, blood cleanser and uplifting. |
| Oxalis | <i>Oxalis acetosella</i> | Transition remedy. Breathing space for Self. |
| Peach Stones | <i>Prunus persica</i> | Communication & power; throat center. Breaking old cycles that no longer serve you. Helps those who either under or overcommunicate. |
| Pennyroyal | <i>Mentha pulegium</i> | Understanding both realms, a plant of the fairy world. Death & rebirth; transformation. Ancestral vision & wisdom. |
| Piripiri | <i>Acaena anserinifolia</i> | Gall bladder meridian healing; anti arthritic. Activation of primal knowledge of self love. Solar plexus and third eye. |
| Polygonum | <i>Polygonum persicaria</i> | 'Quickening'. Helping to go beyond one's usual comfort zone. Upwards energy movement facilitating release and positive change. |
| Pokeroot | <i>Phytolacca americana</i> | Powerful lymphatic system cleanser. Breaks up cysts, tumours and able to clear glandular fever long-term etc. Best taken in small doses (3 drops up to 3x/day) at first, unless otherwise specified. |
| Puriri | <i>Vitex lucens</i> | Grandmother tree of healing. Ritual use, empowerment, joy & wisdom. |
| Red Clover | <i>Trifolium pratense</i> | Working through trauma, usually sexually-related. Cellular release work, often from childhood (0-5 yrs). Root and heart energy centers. |
| Rewa Rewa 'Honeysuckle' | <i>Knightia excelsa</i> | Gentleness of spirit. Enhances feminine energy and trust in the unknown. Strengthening. |
| Rimu 'Red pine' | <i>Dacrydium cupressinum</i> | Thyroid gland/ optimal metabolism tonic. Clears the etheric body & promotes communication with the Divine self. Tuning into higher knowledge, ancient realms. |
| Round-leaved Gotu kola | <i>Viola cunninghamii</i> | Clears the energy meridians that run through the body; like getting acupuncture from a plant! Rebalancing & rejuvenating. Mental clarity and focus; creating room for the new. |
| Self Heal 'Self-love' | <i>Prunella vulgaris</i> | Self Love. Connecting with, & the re-integration of aspects of oneself that one hasn't come into contact with for some time. Conscious recall. Wonderful during fasting as facilitates spiritual nourishment. |
| Shepherd's Purse | <i>Capsella bursa-pastoris</i> | Stops heavy bleeding, is an anti-haemorrhage agent. Mid-life hormone balance. Spinal alignment. Support of oneself; helps prevent of unnecessary energy loss. |
| Speedwell | <i>Veronica persica</i> | Clears sinus congestion. Eases eye soreness and helps eyesight. Goes to areas of tension and relaxes them, specifically the neck and shoulder areas. Self-trust, helps to align one with one's inner knowing. Takes energy away from the head, helps stop overthinking. |
| St. Joan's wort/ St. John's wort 'Sunshine-in-a-bottle' | <i>Hypericum perforatum</i> | Strong anti-depressant effects. Alleviates nervous anxiety. Eases and eliminates muscular tension and nerve pain, such as sciatica. Stops cold sores, and counters the herpes virus in general. Boosts serotonin levels (one of the major feel-good molecules in the brain), helping the pineal and pituitary glands to function optimally. Like liquid gold! |
| Tamarack | <i>Larix laricina</i> | Confidence & Self-reliance. Soothing. The gift of flipping things around into the positive. Solar plexus and nervous system healing. |
| Tanacetum | <i>Tanacetum vulgare</i> | Counters the support of parasitic energy. Helps break cords and ties that no longer serve the highest good. |
| Tanekaha | <i>Pyllocladus trichomanoides</i> | A powerful detox & Liver tonic. Effectively clears the blood of heavy metals & toxins. Whakapapa, spiritual/blood lineage. Support of self. |
| Taraire | <i>Beilschmiedia tarairi</i> | Connecting the mind and heart. Helping one to follow this process. Differentiating between love and physical attraction/sex. |
| Tataramoa | <i>Rubus cissoides</i> | Calming. Mild sedative action, soothing to the nervous system. Promoting emotional healing and is anti-anxiety. Wild passionflower. |
| Ti Kouka | <i>Cordyline australis</i> | Facilitates self-acceptance, self-expression. Honouring one's uniqueness. Speaking one's truth with compassion. |
| Totara | <i>Podocarpus totara</i> | Heart awareness. Centering. Helps with repressed base chakra emotions. Intuitive knowledge of sexuality and identity. |

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| Tree Daisy | <i>Olearia spp.</i> | Opens crown energy center, enhances peripheral vision. Enlivening. |
| Vanilla | <i>Vanilla planifolium</i> | Suport of individual and collective beauty. |
| Vervain | <i>Verbena officinalis</i> | Nervous system healer. Gall bladder nourisher and tonic; assists fat digestion. Practical intuitive focus. Calming; aligning with self. |
| Violets | <i>Viola odorata</i> | Heart healing. Release of grief. Trust in yourself |
| Viper's Bugloss | <i>Echium vulgare</i> | Kundalini rising, awakening. Unblocks energy centers, specifically working with the third eye/intuition, and throat& solar plexus areas. Binds to heavy metals and helps pass them out of the body system. |
| Wild Arnica | <i>Geranium sp.</i> | Use to alleviate shock or trauma, or when feeling 'out of kilter'. To realign and calm down. Balances energy & is grounding; Stress relief. |
| Watercress Elixir | <i>Nasturtium officinale</i> | Clears impurities from the blood. Assists in the clearing of negative emotions & thoughts, encouraging creative thought and processes. |
| Wild Carrot | <i>Daucus carota</i> | Release the last remnants of old patterning. Completion of a cycle. |
| Wild Clematis | <i>Clematis paniculata</i> | Excellent for channelling, helping to both open the crown energy center and connect with the Earth. Clear vision, expansive view. |
| Wild Ginger | <i>Zingiber sp.</i> | Integration of, and putting one's inner knowing into action. Being the change you wish to see in the world. Uplifting! |
| Wild Roses 'Heart Chakra' | <i>Rosa sp.</i> | Unconditional love & heart healing. Regulates mood swings, crying spells; works like rescue remedy. Wonderful support during emotional change(s). Raises one's frequency considerably, ~341Hz. |
| Willow Bark | <i>Salix sp.</i> | Release of emotional /physical pain. Facilitation of energy flow. |
| Wood Betony | <i>Lamium sp.</i> | Support of self and presence with self through your own experience of life. Integrity. |
| Yarrow | <i>Achillea millefolium</i> | Liver tonic and blood cleanser. Energy field protection. Bone marrow tonic and more, an ancient healing plant. |
| Yellow Dock | <i>Rumex crispus</i> | Alkalinizes system. Detoxify. Excellent liver tonic. Binds to impurities (including heavy metals) and passes them out of the body system. Nourishes spleen and eyesight. Creativity and confidence. |

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***The above NZ PlantRhythms are easily taken as needed, or in a water bottle through the day.
Doses are easily confirmed by muscle testing or dowsing. Effects are immediate.
Varying degrees of sensitivity means that each person feels the effects in their own time.***

PlantRhythms™

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